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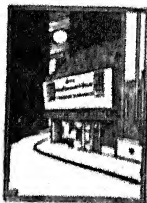
THE GIRL WANTED

A BOOK OF
FRIENDLY
THOUGHTS

By NIXON WATERMAN
AUTHOR OF "BOY WANTED" &C.
AND GRACE BARTRUSE
EDITOR OF THE ENGLISH EDITION

376.73

WV B



LONDON: GEORGE G. HARRAP & COMPANY
9, PORTSMOUTH STREET KINGSWAY W.C.

Miss Helen Keller

The deaf and blind apostle of Optimism. The world would have forgiven despondency and defeat in one upon whom was laid so heavy an affliction, but Miss Keller looked into the soul of the shadows; and turning from darkness she delivers this noble faith—an eternal encouragement to all who are weak: "Yes, discord is, that harmony may be; pain destroys, that health may renew; perhaps I am deaf and blind that others likewise afflicted may see and hear with a more perfect sense! From Browning I learn that there is no lost good, and that makes it easier for me to go at life, right or wrong, do the best I know, and fear not. My heart responds proudly to his exhortation to pay gladly life's debt of pain, darkness, and cold. Lift up your burden; it is God's gift; bear it nobly."



HELEN LETHBRIDE

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PREFACE

"THE Girl Wanted" is the outcome of a desire to provide a book of cheerful counsel which girls would not reject because of a "superior" attitude on the part of the author toward the weaknesses and shortcomings common to all who pass through the golden gates of youth. The average girl is aware that she has imperfections, and her resentment against anything in the nature of a lecture is usually founded upon the conviction that she knows herself, and that the well-intentioned observer of her small faults cannot tell her anything that it is worth her while to stay to hear. She is convinced that she will reform in due time, and she fully intends to pursue the right

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path when she comes to consider the matter seriously.

This book is not written from an altitude, and the author is conscious that any girl can find out for herself the principles of life which are dealt with herein. Nevertheless he has deemed it worth while to bring together the thoughts of many wise men and women upon the difficulties and the duties which confront the girl as she stands upon the threshold of life, because it is better to learn early from those who have previously trodden the path than to wait for experience to teach.

The task of an author who is addressing the Girl Wanted is a very pleasant one. She is a most gracious specimen of Nature's handiwork, and is so organized that all that is pure and good appeals strongly to her. Her brothers are cast in a rougher mould, and seem often disinclined to listen to good advice; but she has a spiritual nature which responds more

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naturally to the voice which bids her to aim high. And that is the voice in this book.

Aim should precede action, and there is danger in putting off the resolution to choose and to purpose.

*"Where lies the land to which the ship would go?
Far, far ahead, is all her seamen know."*

The girl cannot know yet precisely where she would go, but she should lose no time in fixing the direction she will take, and this book is designed to help her toward a wise choice by setting fairly before her the course as it has been charted by other voyagers on life's sea.

So far as the author's own words are concerned, he thought it advisable to adopt a homely style, as far removed as possible from the atmosphere of ponderous wisdom that usually offends the young. In pursuance of his plan he has made use of occasional verses which were designedly

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written in a style which cannot entitle them to rank as poetry, but which will probably succeed in impressing particular points. To compensate for literary deficiencies due to this plan, the author conceived the excellent idea of printing numerous quotations from great writers and philosophers, and the English editor has made the selection, which she hopes will be a useful feature of the book. Probably these quotations may not be noted at a first reading of the interesting letter-press, but if the book realizes the hopes with which it is sent forth, it will be read more than once, and here a point and there a thought will take root in the young mind because of the eloquence with which it has been clothed.

For the idea of the Roll of Honour the English editor must accept responsibility. It seemed to her that portraits of great women would often mean little to girls who had not been informed as to why the

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world honours them. She endeavoured, therefore, to attach to each portrait a short statement so composed as to arrest attention and show that the success of these lives had been due to the recognition and acceptance of the very truths which this book is written to enforce.

The book, as will be at once perceived, is American in its origin. This guarantees that it will be found to be fresh, and, to the English girl, unhackneyed. The essential problems of a young girl's life do not vary materially the world over, and the English editor has therefore not found it to be necessary to alter the general structure of the book. She has, however, not hesitated to revise passages which she felt might gain in their appeal to English girls from an alteration in the form in which they were originally written for American readers.

G. B.

LONDON,

July, 1912.

· A ROLL OF HONOUR

MISS HELEN KELLER *Frontispiece*

*From a recent photograph by the Whitman Studio,
Malden, Mass.*

FLORENCE NIGHTINGALE FACING PAGE 12

From a photograph by the London Stereoscopic Co., Ltd.

SISTER DORA 24

From a photograph by I. Chidley, Walsall.

QUEEN VICTORIA 34

From a photograph by W. & D. Downey.

MISS AGNES WESTON 46

From a photograph by Stephen Cribb, Southsea.

MRS. BOOTH 60

From a photograph by Elliott & Fry, Ltd.

LOUISA ALCOTT 72

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FACING PAGE

DOROTHEA BEALE 84

From a photograph by Martyn.

MISS SULLIVAN 94

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SARAH ROBINSON 108

From a photograph by Max Mills, Southampton.

ELIZABETH FRY 118

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From a lithograph by J. Jones.

SISTER NIVEDITA 144

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From a tablet recently erected in Warrington.

CLARA BARTON 180

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CHAPTER I

CHOOSING THE WAY

YES, my girl friend, I am very glad that we are to have the opportunity of enjoying a friendly chat through the medium of the printed page, with its many tongues of type.

And, first, I have a favour to ask of you, and that is that you will allow our talk to be chiefly about yourself and the manner in which you are going to live all the golden to-morrows that are awaiting you.

In considering the various subjects on which I am going to speak to you, it will be well for you to understand that there never has been a period in the world's history when a girl was of more importance than she is just now. Indeed, many close observers and clear thinkers are

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I am now going to ask you to consider with me what special portion or kind of this royal authority arising out of noble education may rightly be possessed by women; and how far they also are called to a true queenly power—not in their households merely, but over all within their sphere.

John Ruskin.

of the opinion that a girl has never been of quite so much importance as she is to-day.

Some of our most able writers tell us that we are just on the threshold of "the women's century," and that the great advance the world is to witness in the forthcoming years is to be largely inspired by, and redound to the glory of, the women of the earth.

Whether this be so or not, the future is sufficiently full of great possibilities to encourage you to determine that, come what may, you will make the years that are before you as bright and beautiful and as "worth while" as it is possible for you to do.

The old days never come again, because they would be getting in the way of the new, better days whose turn it is.

George MacDonald.

It is a glorious privilege to live in the twentieth century at a time when the world is full of promise of greater days to come in which you

CHOOSING THE WAY

may, if you will, take an active part in the great efforts which are to result in glorious gains for the human race.

Yet with all the grand achievements that are being accomplished in every field of human endeavour, the world to-day needs most that which the world has ever most needed—words helpful and true; hearts kind and tender, hands willing and ready to lift the less fortunate over the rough places in the paths of life; goodness and grace; gentlewomen and gentlemen.

And so here we find ourselves, just at this particular spot and at this very moment, with all of the days, months, years—yes, the whole of eternity—still to be lived!

The greatness of this thought seems at first almost overpowering. How shall we live out all the great

She stretcheth
out her hand to
the poor; yea, she
reacheth forth her
hands to the
needy . . . and in
her tongue is the
law of kindness.

Proverbs.

She doeth little
kindnesses,
Which most leave
undone, or de-
spise:
For naught that
sets one heart at
ease,
And giveth happi-
ness or peace
Is low-esteemed
in her eyes.

J. R. Lowell.

Go forth to
meet the shadowy
future without fear
and with a stout
heart.

H. W. Longfellow.

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Happy the man,
and happy he
alone,
He, who can call
to-day his own:
He who, secure
within, can say,
To-morrow, do
thy worst, for
I have lived
to-day.

John Dryden.

Every moment
may be put to
some use, and
that with much
more pleasure
than if unem-
ployed.

Lord Chesterfield.

To have once
acted nobly seems
a reason why we
should always be
noble.

George Eliot.

future that is before us? Yet, when we come to think it over, we see that it is not so difficult after all; for, fortunate mortals that we are, we are called upon to live it but one moment at a time. And, better still, that one moment is always the one that is right here and just now where we can see it and study it and shape it and do with it as we will.

Just this minute!

Surely it will not require a great deal of effort on the part of any one of us to live the next sixty seconds as they should be lived. And having lived one moment properly, it ought to be still easier for us to live the next one as well, and then the next, and the next, until, finally, we continue to live them rightly, just as a matter of habit.

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When we come to realize clearly that time dominates human lives, and that time is divided into a certain number of units, we can calculate, by simple processes in arithmetic, how much is likely to be achieved by us during the span of our mortal lives.

Dost thou love life? Then do not squander time; for that is the stuff life is made of.

Benjamin Franklin.

What we are doing this minute, multiplied by sixty, tells us what we are likely to accomplish in an hour.

What thou canst do to-day, wisely attempt to do.

Thos. Carlyle.

What we do in an hour, multiplied by the number of working hours in every twenty-four, tells us what we may expect to achieve in a day.

What we do in a day, multiplied by three hundred and sixty-five, shows us what it is probable we shall accomplish in a year.

Every day is a little life: and our whole life is but a day repeated: whence it is that old Jacob numbers his life by days; and Moses desires to be taught this point of holy arithmetic, to number not his years, but his days.

Bishop Hall.

What we do in a year, when multiplied by the number of years of youth and health and strength, we

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Each day should
be distinguished
by at least one
particular act of
love.

J. C. Lavater.

have reason to believe are yet before us, sets forth the result we may hope to secure in a lifetime. For it is not hard for us to comprehend that

If, while each moment yet is here,

We use it circumspectly,

Then shall we live, this day, this year,

Yes, all our lives, correctly.

Dreams grow
holy, put in ac-
tion.

Adelaide Proctor.

As the work of the builder is preceded by the plans of the architect, so the deeds we do in life are preceded by the thoughts we think. The thought is the plan; the deed is the structure.

"As the twig is bent the tree is inclined." Wordsworth tells us :

The generous
Spirit, who,
when brought
Among the tasks
of real life, hath
wrought

Upon the plan
that pleased his
boyish thought.

Wm. Wordsworth.

"The child is father of the man." Which means, also, that the child is mother of the woman. That which we dream to-day we may do to-morrow. The toys of childhood become the tools of maturer years.

CHOOSING THE WAY

So it follows that an important part of the work and occupation of one's early years should be to learn to have right thoughts, which, later on in life, are to become right actions.

The pleasant, helpful girl is most likely to become the pleasant, helpful woman. The seed that is sown in the springtime of life determines the character of the harvest that must be reaped in the autumn.

The cultivation of the right point of view means much in determining one's attitude toward all that the years may bring. Three centuries ago it was written: "What is one man's poison is another's meat or drink." So there are many things in life that bring pleasure to some and distress to others.

There is a beautiful little story about a shepherd boy who was

For the first few years of our terrestrial apprenticeship, we have not much work to do; but, boarded and lodged gratis, are set down mostly to look about us over the workshop, and see others work till we have understood the tools a little, and can handle this or that.

Thos. Carlyle.

Life is a train of moods like a string of beads, and as we pass through them, they prove to be many-coloured lenses which paint the world their own hue.

R. W. Emerson.

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There were hills that garnished their proud heights with stately trees : meadows enamelled with all sorts of eye-pleasing flowers ; each pasture stored with sheep, feeding with sober security, while the pretty lambs with bleating outcry craved the dam's comfort, and a shepherd's boy piping as though he should never be old.

Sir Philip Sidney.

keeping his sheep in a flowery meadow, and because his heart was happy, he sang so loudly that the surrounding hills echoed back his song. One morning the king, who was out hunting, spoke to him and said : " Why are you so happy, my boy ? "

" Why should I not be happy ? " answered the boy. " Our king is not richer than I. "

" Indeed, " said the king, " pray tell me of your great possessions. "

The shepherd boy answered : " The sun in the bright blue sky shines as brightly upon me as upon the king. The flowers upon the mountain and the grass in the valley grow and bloom to gladden my sight as well as his. I would not take a fortune for my hands ; my eyes are of more value than all the precious stones in the world. " I

To watch the corn grow, or the blossoms set ; to draw hard breath over ploughshare or spade ; to read, to think, to love, to pray, are the things that make men happy.

John Ruskin.

CHOOSING THE WAY

have food and clothing, too. Am I not, therefore, as rich as the king?"

Of great riches there is no real use, except in the distribution; the rest is but conceit.
Francis Bacon.

"You are right," said the king, with a smile, "but your greatest treasure is your contented heart. Keep it so, and you will always be happy."

Where we are able to make choice of our immediate surroundings we should remember that these may have power to influence us. But few young people can choose their environment, and so it is usually more important to remember that we are to look upon our surroundings as the duly appointed ground upon which we are to fight the battle of life. If our environment is irksome, says Anna R. Brown, "It may bring constant hurts of heart, mortification, tears, angry rebellion, and wounded pride—but there is

There is no creature whose inward being is so strong that it is not greatly determined by what lies outside it.
George Eliot.

True happiness consists not in the multitude of friends, but in the worth and choice.
Ben Jonson.

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There was a child went forth every day; and the first object he looked upon that object he became; and that object became part of him.

Walt Whitman.

reason for that environment. To become strong, the soul must needs fight something, overcome something." We can, however, usually choose our companions, and it is they who are the most vital and influential part of our

ENVIRONMENT

Shine or shadow, flame or frost,
Zephyr-kissed or tempest-tossed,
Forces, mighty, silent, still
Work on brain and heart and will.

Mystic builders in the brain—
Mirth and sorrow, joy and pain,
Grief and gladness, gloom and light—
Build, oh, build my mind aright!

O ye friends, bear well your part,
With your prayers make strong my heart,
Bring me words of cheer to make
Strength that ill shall never shake.

Day by day I'll gather from
All you give me. I'll become
Yet a part of all I meet
In the fields and in the street.

Gaze thou in the face of thy Brother, in those eyes where plays the lambent fire of Kindness, or in those where rages the lurid conflagration of Anger; feel how thy own so quiet Soul is straightway involuntarily kindled with the like; . . . and then say what miraculous virtue goes out of man into man.

Thos. Carlyle.

CHOOSING THE WAY

Bring the strong steel bands of truth,
Colours bright of hope and youth,
Bring me love wherein to find
Charity for all mankind.

Place within my hands the tools
And the Master Builder's rules,
That the walls thus fashioned may
Stand until life's latest day.

Help me raise a temple strong,
Impregnable to touch of wrong ;
Girt with truth, and, high above,
Capp'd with pinnacle of love.

If we are to receive help and strength from our friends we must afford them help and strength in return. And since the deeds of others inspire us we should not deem it impossible to make our deeds inspire them.

Helen Keller, who, though deaf and blind, has achieved so many wonderful victories over the circum-

The early lilacs became part of this child, and grass, and white and red "morning glories," and white and red clover, . . . and all the changes of city and country wherever he went.

Walt Whitman.

Build thee more stately mansions, O my soul,
As the swift seasons roll !

O. W. Holmes.

Suffering he comes beautiful, when any one bears great calamities with cheerfulness, not through insensibility, but through greatness of mind.

Aristotle.

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'Tis drops that
swell the ocean's
breast—

'Tis waves that
turn the mill.

Schiller.

stances that threatened to stifle her individuality, says: "My share in the work of the world may be limited, but the fact that it is work makes it precious . . . Darwin could work only half an hour at a time; yet in many diligent half-hours he laid anew the foundations of philosophy . . . Green, the historian, tells us that the world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker."

One of the most massive and enduring gratifications is the feeling of personal worth, ever afresh brought into consciousness by effectual action; and an idle life is balked of its hopes partly because it lacks this.

Herbert Spencer.

In the same spirit the great French author, Emile Zola, penned these words: "Let each one accept his task, a task which should fill his life. It may be very humble; it will not be the less useful. Never mind what it is, so long as it exists and keeps you erect! When you have regulated it, without excess—

No man is born into the world whose work is not born with him.

J. R. Lowell.



Florence Nightingale as a child exhibited a spirit of mercy which was later on to distinguish her above all the daughters of England. During her girlhood she served in the Sunday School, helped in her home, and visited the sick. Thus she learned her first lessons and formed the purpose of her life — an unselfish devotion to the needs of others. First, however, there was to be careful preparation, and Miss Nightingale went to Germany for training as a hospital nurse. Then came the terrible Crimean War, and the opportunity found her ready. Florence Nightingale was now to learn that Providence had shaped her ends for a glorious purpose, and her great work in alleviating the sufferings of the wounded soldiers, a work undertaken for the first time in the history of war, is a precious inheritance from those tragic days. She lived to an advanced age happy in the knowledge that henceforward the gentle hand of mercy would never be lacking to soothe the sufferings of the victims of cruel war.

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just the quantity you are able to accomplish each day—it will cause you to live in health and in joy.”

Some wise observer has said that one of the chief aims of life should be to learn how to grow old gracefully. This knowledge is deemed by many to be a great secret and a most valuable one. Yet it can hardly be called a secret, since every girl and boy as well as every person of maturer years must know that it is but the working out of the laws of cause and effect. When character-building is begun on the right lines, and those lines are followed to the end, the result is as certain as it is beautiful. When we see a grandmother whose life has been lived on the happy plane of pure thoughts and kind deeds we ought not to wonder that her old age is as exquisite as was the perfect bloom

Grow old along
with me!

The best is yet to
be,

The last of life,
for which the
first was made:
Our times are in
His hand

Who saith “A
whole I planned.
Youth shows
but half; trust
God; see all nor
be afraid.”

Robt. Browning.

If the time
comes when the
fire of life has
burned low . . .
don't let your
heart grow cold,
and you may carry
cheerfulness and
love with you into
the teens of your
second century if
you can last so
long.

O. W. Holmes.

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For age is opportunity no less
Than youth itself, though in another dress,
And as the evening twilight fades away
The sky is filled with stars, invisible by day.
H. W. Longfellow.

of her youth. We need not marvel how it has come about that her life has been a long and happy one. Here is the "secret":—

She knew how to forget disagreeable things.

She kept her nerves well in hand and inflicted them on no one.

She mastered the art of saying pleasant things.

Our character is our will; for what we will we are.

Card. Manning.

She did not expect too much from her friends.

She made whatever work came to her congenial.

She retained her faith in others and did not believe all the world wicked and unkind.

She relieved the miserable and sympathized with the sorrowful.

She never forgot that kind words and a smile cost nothing, but are priceless treasures to the discouraged.

He only is advancing in life, whose heart is getting softer, whose blood warmer, whose brain quicker, whose spirit is entering into living peace.

John Ruskin.

CHOOSING THE WAY

She did unto others as she would be done by, and now that old age has come to her, and there is a halo of white hair about her brow, she is loved and considered. This is the "secret" of a long life and a happy one.

An old age serene
and bright
And lovely as a
Lapland night.
Wm. Wordsworth.

Fortunate is the girl who is permitted to dwell within the living presence of such a matron and to be directed by her into the paths of usefulness and sunshine. And thrice fortunate is every girl who has for her guide and counsellor a loving mother to whom she can go for light and wisdom with which to solve the problems of her life.

My kind Mother
... taught me,
less indeed by
word than by act
and daily reverent
look and halitude,
her own simple
version of the
Christian faith.
Thos. Carlyle.

"Mother knows." Her earnest, loving words are to be cherished above all others, as many men and many women have learned after the long miles and the busy years have

A mother is a
mother still,
The holiest thing
alive.
S. T. Coleridge.

THE GIRL WANTED

A foolish man
despiseth his
mother.

Proverbs.

crept between them and "the old
folks at home." Do not, O Girl!
I pray you, grow impatient, as boys
sometimes do, to be set beyond the
protecting care of

MOTHER'S APRON-STRINGS

One not learned,
save in gracious
household ways,
Not perfect, nay,
but full of tender
wants,
No Angel, but a
dearer being,
all dipt
In Angel instincts.
Alfred Tennyson.

When I was in my early youth,
I thought them truly great
Who had attained, in very truth,
To woman's full estate.
And none my soul so sadly tried,
None spoke such bitter things,
As she who said that I was tied
To mother's apron-strings.

The love of a
mother is never
exhausted; it
never changes, it
never tires.

*Washington
Irving.*

I loved my mother, yet it seemed
But right to break away
And seek the broader world I dreamed
Beyond her presence lay.
Ah me! how deeply I have sighed
O'er many cruel stings
I might have missed had I been tied
To mother's apron-strings!

CHOOSING THE WAY

O happy, trustful girls and boys!
The mother's way is best.
She leads you where abiding joys
Are link'd with peace and rest.
If you would have the safest guide,
And drink from sweetest springs,
Oh, keep your hearts forever tied
To mother's apron-strings.

Happy he
With such a
mother! faith
in womankind
Beats with his
blood, and trust
in all things
high
Comes easy to
him, and tho'
he trip and fall
He shall not bind
his soul with
clay.
Alfred Tennyson.

CHAPTER II

ACCOMPLISHMENTS

The usefulness and happiness of women . . . depends, more than on anything else, on the number of high and worthy subjects in which they take an intelligent interest.

Sir J. Fitch.

I AM sure that every girl wishes to become accomplished, and I am quite as certain that every girl can become so if she will.

My dictionary defines an accomplishment as an "acquirement or attainment that tends to perfect or equip in character, manners, or person."

Surely every girl can do something, or has acquired ability in some special department that is covered by this broad definition.

It means that every girl who can sweep a room; read French or German or English as it should be read; bake a loaf of bread; play

Bring not here an
idle maiden,
Bring not here a
useless woman,
Hands unskilful,
feet unwilling.
H.W. Longfellow.

ACCOMPLISHMENTS

tennis; darn a stocking; play the violin or pianoforte; distinguish the different varieties of flowers and birds and butterflies; write a neat, well-composed letter, either in long-hand or shorthand; draw or paint pictures; make a bed, or do one or more of a thousand and one other such things, is accomplished. The more things she can do and the greater the number of subjects on which she is informed, the more highly is she accomplished.

It is understood, as a matter of course, that thoroughness in one's accomplishments is the true measure of her worth. The girl who knows a few subjects very well is, undoubtedly, more accomplished than one who has only a superficial smattering of knowledge concerning many.

We can all readily understand how much more pleasing it is to

The weakest among us has a gift, however seemingly trivial, which is peculiar to him, and which, worthily used, will be a gift also to his race for ever.
John Ruskin.

Notwithstanding a faculty be born with us, there are several methods for cultivating and improving it.
Addison.

All flimsy, shallow, and superficial work is a lie, of which a man ought to be ashamed.

*John Stuart
Blackie.*

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Do not pray for
tasks equal to your
powers; pray for
powers equal to
your tasks.

Phillips Brooks.

hear a true virtuoso play the violin or pianoforte, than it is to listen to a beginner who can perform indifferently on a number of instruments.

"A little diamond is worth a mountain of glass."—

Quality is the thing that counts.

'Tis not in mortals
to command
success,
But we'll do more,
Sempronius;
we'll deserve it.

Addison.

The desire and disposition to do a thing well, coupled with a firm determination, are pretty sure to bring the ability necessary for achieving the wished-for end. The will is lacking more often than the way.

It is a matter of frequent comment that we usually expect too much of the average young and attractive girl in the way of accomplishments. Because she is pleasing in her general appearance we are apt to feel a sense of disappointment if we find that her qualities of mind do not equal her outward charms.

In beauty, faults
conspicuous
grow,
The smallest
speck is seen in
snow.

John Gay.

ACCOMPLISHMENTS

Charles Lamb says: "I know that sweet children are the sweetest things in nature," and adds, "but the prettier the kind of a thing is, the more desirable it is that it should be pretty of its kind."

Graceful and useful all she does,
Blessing and blest where'er she goes.
Wm. Cowper.

And so it is with girls who are bright and blithe and beautiful; the world would like them to have every charming quality of mind and heart to match the grace of face and figure.

Beauty cannot long supply the absence of good nature. — *Addison.*

Hence we find that the girl who is attractive in her outward appearance is loved and wanted by the members of her own family, by her schoolmates, and by all with whom she forms an acquaintance, only if she is pleasing in her manners.

Of all the accomplishments it is possible for a girl to possess, that of being pleasant and gracious to those about her is the greatest

If you would be loved, love and be lovable.
B. Franklin.

THE GIRL WANTED

A sweet attractive
kinde of grace,
A full assurance
given by looks,
Continuall com-
fort in a face
The lineaments of
gospel-books.
Edmund Spenser.

and most desirable. "There is no beautifier of the complexion, or form, or behaviour, like the wish to scatter joy and not pain around us," says Emerson.

It is possible for persons to acquire a great deal of information and to become skilful in many things, and still be unloved by those with whom they are associated.

All things else
are of the earth,
but love is of the
sky.

*William Stanley
Braithwaite.*

The heart needs to be educated even more than the mind, for it is the heart that dominates and colours and gives character to the whole of life. Even the kindest of words have little meaning unless there is a kind heart to make them stand for something that will live.

"You will find as you look back

Just the art of
being kind
Is all this sad
world needs.

*Ella Wheeler
Wilcox.*

upon your life," says Drummond, "that the moments that stand out, the moments when you have really lived, are, the moments when you

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have done things in a spirit of love. As memory scans the past, above and beyond all the transitory pleasures of life, there leap forward those supreme hours when you have been enabled to do unnoticed kindnesses to those round about you, things too trifling to speak about, but which you feel have entered into your eternal life. . . . Everything else in our lives is transitory. Every other good is visionary. But the acts of love which no man knows about, or can ever know about—they never fail.”

It is the ability to do many little acts of kindness and to make the most of all opportunities for gladdening the lives of others that constitutes the finest accomplishment any girl can acquire.

It often happens that the thought of the great kindnesses we should

That best portion of a good man's life, His little, nameless, unremembered acts Of kindness and of love.
Wm. Wordsworth.

Learn the luxury of doing good.
Oliver Goldsmith.

Life is made up not of great sacrifices or duties, but of little things in which smiles and kindnesses, and small obligations given habitually, are what win and preserve the heart, and secure comfort.
Sir H. Derry.

THE GIRL WANTED

Trust no Future,
howe'er pleasant !
H.W. Longfellow.

like to do, and which we mean to do,
"sometime" in the days to come,
keeps us from seeing the many
little opportunities for helping those
about us at the present time. Yet
we all know that it is not the
things we are going to do that will
make history. The thing that we
do to-day will influence the things
that will be done hereafter, and
therefore "to-day" is mightier than
"to-morrow."

Our grand business undoubtedly
is not to *see* what
lies dimly at a
distance, but to
do what lies clearly
at hand.

Thos. Carlyle.

No doubt we should all be much
more thoughtful of our many present
opportunities and make better use
of them were we frequently to ask
ourselves,

The day returns
and brings us the
petty round of
irritating concerns
and duties. Help
us to perform them
with laughter and
kind faces.

R. L. Stevenson.

WHAT HAVE WE DONE TO-DAY?

We shall do so much in the years to come,

But what have we done to-day?

We shall give our gold in a princely sum,

But what did we give to-day?



Dorothy Pattison, or Sister Dora, as she will ever be held in affectionate remembrance, was born in 1832. When she was passing into womanhood the country was ringing with the fame of Florence Nightingale, and this must have confirmed Dorothy in her choice of nursing as a vocation. It was not her lot, however, to minister to soldiers at the front, her sphere of work was amongst the humble toilers in the coal and iron district around Walsall, and so tender and sympathetic and capable was she that her name became honoured in every cottage home throughout that black district. She spent her whole strength in the service of suffering humanity, and died at the early age of forty six. A marble monument at Walsall, raised mainly from funds contributed by the poor, continues to testify of one who went about doing good. Her life has been a shining example and an inspiration to the great army of noble women who, like her, have served in the hospital ward and by the sick bed.

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We shall lift the heart and dry the tear,
We shall plant a hope in the place of fear,
We shall speak the words of love and cheer;
But what did we speak to-day?

For dreams, to those of steadfast hope and will, are things wherewith they build their world of fact.

Alicia K. Van Buren.

We shall be so kind in the after while,
But what have we been to-day?
We shall bring to each lonely life a smile,
But what have we brought to-day?
We shall give to truth a grander birth,
And to steadfast faith a deeper worth,
We shall feed the hungering souls of earth;
But whom have we fed to-day?

The present is our own; but while we speak we cease from its possession.

T. L. Peacock.

We shall reap such joys in the by and by,
But what have we sown to-day?
We shall build us mansions in the sky,
But what have we built to-day?
'Tis sweet in idle dreams to bask,
But here and now do we do our task?
Yes, this is the thing our souls must ask,
"What have we done to-day?"

Among the everyday accomplishments which each one should wish to possess is a knowledge of the fine art of smiling. To know how and

Man is distinguished from all other creatures by the faculty of laughter.

Addison.

THE GIRL WANTED

The smile of her
I love is like
the dawn
Whose touch
makes Memnon
sing.
R. W. Gilder.

when to smile, not too much and not too little, is a fine mental and social possession.

Hawthorne says: "If I value myself on anything it is on having a smile that children love." Any one possessing a smile that children as well as others may love is to be congratulated. A pleasant, smiling face is of great worth to its possessor and to the world that is privileged to look upon it.

For smiles from
reason flow.
John Milton.

A smile is an indication that the one who is smiling is happy, and every happy person helps to make every one else happy. Yet we all understand that happiness does not mean smiling all the time. There is truly nothing more distressing than a giggler or one who is forever grimacing. "True happiness," says one of our most cheerful writers, results in "the joyous sparkle in the

Nothing is more
silly than silly
laughter.
Catullus.

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eye and the little, smiling lines in the face that are so quickly and easily distinguished from the lines produced by depression and frowning, that grow deeper and deeper until they become as hard and severe as if they were cut in stone." Happiness that thus writes its message on the human countenance is a thing which appeals to people of all classes and ages. It is a perpetual feast for all who behold it. "We do not know what ripples of healing are set in motion," says Henry Drummond, "when we simply smile on one another. Christianity wants nothing so much in the world as sunny people."

Who can measure the value of a sunny countenance borne by one who is afflicted? We all know of people who suffer and yet are bright and cheerful of aspect. Although

There is not any virtue the exercise of which even momentarily will not impress a new fairness upon the features.

John Ruskin.

The laughter of girls is, and ever was, among the delightful sounds of earth.

Thos. De Quincey.

A laugh is worth a hundred groans in any state of the market.

Chas. Lamb.

THE GIRL WANTED

A face with glad-
ness overspread!
Soft smiles, by
human kind-
ness bred.

Wm. Wordsworth.

Thou art happy
when thou hast
done what God
has planned for
thee this day;
when thou hast
been brave, help-
ful, and above all,
uncomplaining of
thy lot!

Anna R. Brown.

Cheerfulness . . .
means a contented
spirit, it means a
pure heart, it
means a kind and
loving disposition.

It means hu-
mility and charity;
it means a gener-
ous appreciation
of others, and a
modest opinion of
self.

W. M. Thackeray.

they may be bed-ridden invalids they are centres of inspiration for many in their neighbourhood, and they owe their influence almost solely to the possession of bright and sunny faces. It is that which draws visitors to them, for the world gives only a cold and distant sympathy to suffering which continually presents a long face.

Perhaps we could not find a better example of a sunny face than in the photograph reproduced as the frontispiece to this book. Miss Helen Keller would have been forgiven had she been unable to smile. It is the lot of few to be so grievously afflicted. But by the self-sacrificing efforts of another noble woman, Miss Sullivan, she had been lifted out of hopelessness to a knowledge of the light, and she resolved to be an optimist. She recognized that if she would develop

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her character and grow in grace she must be cheerful, and the success of her endeavour is to be seen in the gracious smile which lights up her beautiful face.

Most persons are very quick to see whether or not a smile is genuine or is manufactured and put on like a mask for the occasion. The safe rule about smiling is to smile only when we feel like it. If we acquire this habit we shall be preserved from the incessant simper which is so irritating, especially when it accompanies the tender of so-called sympathy. There is a time for all things, and we should know when a smile is out of place.

No expression of feeling is of much moment without a warm heart and an intelligent thought behind it. The seemingly mechanical expressions of feeling and of interest

I observed that he had not such a thing as a smile about him, and that he could only widen his mouth and make two hard creases down his cheeks, one on each side, to stand for one.

Chas. Dickens.

Every one can master a grief but he that has it.

Wm. Shakespeare.

I pray thee, cease thy counsel,
Which falls into mine ears as
profitless
As water in a sieve.

Wm. Shakespeare.

THE GIRL WANTED

Mix wisdom
with mirth.
Oliver Goldsmith.

in our affairs are sometimes even
harder to bear than an out-and-out
attitude of indifference. The thing
that really warms and moves us
is a touch of heartfelt, intelligent

SYMPATHY

Let us take
heed how we
laugh without rea-
son, lest we cry
with it.

Chas. Dickens.

When we see another's trouble,
We should feel that trouble, too,
For, were we with joy to bubble
'Mid his grief, 'twould hardly do.
Precious is the keen discerning
That can see another's smart;
For the whole wide world is yearning
For a sympathetic heart.

The wealth of
a man is the
number of things
which he loves
and blesses, and
by which he is
loved and blessed.

Thos. Carlyle.

Nothing is more restful and re-
freshing than a friendly glance or a
kindly word offered to us in the
midst of our daily round of duty.
And since we are not often in a
position to render great services, we
should not fail to cultivate the habit
of performing small ones whenever

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we can. It is in giving the many little lifts along the way that we shall be able to lighten many hearts.

I do not know it to be a fact, but I have read somewhere that the human heart rests nine hours out of every twenty-four. It manages to steal little bits of rest between beats, and thus it is ever refreshed and able to go on performing the work nature has assigned for it to do.

And therein is a first-rate lesson for most persons, who if they cannot do something of considerable moment are disposed to do nothing at all. They forget that it is the brief three-minute rests that enable the mountain-climber to press on till he reaches the top, whereas longer periods of inactivity might serve to stiffen his limbs and impede his progress.

Think nought a
trifle, though it
small appear ;
Small sands the
mountain, mo-
ments make the
year,
And trifles life.

Ed. Young.

So didst thou
travel on life's
common way,
In cheerful god-
liness.

Wm. Wordsworth.

Strive, and hold
cheap the
strain ;
Learn, nor account
the pang ; dare,
never grudge
the throe.
Robt. Browning.

THE GIRL WANTED

The charities that
soothe, and
heal, and bless,
Are scattered at
the feet of man,
like flowers.

Wm. Wordsworth.

Benignant lovely
souls who, with-
out astonishing
the public and
posterity, make a
happy difference
in the lives close
around them, and
in this way lift
the average of
earthly joy.

George Eliot.

A wise man
will make more
opportunities than
he finds.

Francis Bacon.

Wise are they who mingle rest and kindness and heart's-ease with the efforts they make in performing their daily tasks. They weave a bright thread of thankful happiness through the weft and woof of life's web. They are never too busy to say a kind word or to do a gentle deed. Circumstances may sometimes compel them to shed "the blameless human tear," but their natural cheerfulness is soon re-asserted. They find sunbeams in the trail of every cloud. They gather flowers where others see nothing but weeds. They pluck little sprigs of rest where others find only thorns of distress.

The grandest conception of life is to esteem it an opportunity for making others happy. Says Anna R. Brown: "The richest experiences of life never come to those who try

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to win them selfishly. But all blessings are in the way of him who, forgetful of self, tries to be helpful to the world, and who spends his life in loving deeds." Thoreau says: "To enjoy a thing exclusively is commonly to exclude yourself from the true enjoyment of life."

He is indeed a correct observer and a careful student of human nature who tells us that the face is such an index of character that the very growth of the latter can be traced upon the former, and most of the successive lines that have gradually evolved the furrowed face of age out of the plastic material of childhood are engraved directly or indirectly by thought and feeling. There is no beautifier of the face like a beautiful spirit.

So we see that if we have acquired the habit of wearing a pleasant face,

Wherever there is a human being there is an opportunity for a kindness.—*Seneca.*

To do something, however small, to make others happier and better, is the highest ambition, the most elevating hope, which can inspire a human being.

Lord Avebury.

Every right action and true thought sets the seal of its beauty on every person's face; every wrong action and foul thought its seal of distortion.

John Ruskin.

THE GIRL WANTED

Her face be-
tokened all things
dear and good.

Jean Ingelow.

Those who
bring sunshine to
the lives of others
cannot keep it
from themselves.

J. M. Barrie.

Mutual com-
plaisances, atten-
tions, and sacri-
fices of little
conveniences, are
as natural an im-
plied compact
between civilized
people, as pro-
tection and obedi-
ence are between
kings and subjects.

*Earl of Chester-
field.*

or of smiling honestly and cheerfully, we have an accomplishment that is worth more than many others that are more pretentious and more superficial. If to this accomplishment we can add another—the ability to speak a pleasant word to those whom we may meet—we are not to think poorly of our equipment for life.

There is a good old-fashioned word in the dictionary, the study of which, with its definition, is well worth our while. The word is "Complaisance," and it is defined as "the disposition, action, or habit of being agreeable, or conforming to the views, wishes, or convenience of others ; desire or endeavour to please ; courtesy ; politeness."

Complaisance, as it has been truly said, renders a superior amiable, an equal agreeable, an inferior acceptable. It sweetens conversation ; it



The great Queen Victoria will ever be remembered as a mother of her people. No monarch has ruled more wisely, nor occupied a throne during such an extended period of national prosperity. But the love and reverence of her people were given as a tribute to her goodness rather than to her intellect. Fortunate is the nation that has a wise king and queen, but thrice happy the people whose monarch sets an example of godliness and faithfulness to the highest conception of duty. The throne came to her first as a solemn responsibility and then as an opportunity. May we all strive to do our duty with the same earnest desire to serve our fellows and to be faithful in that which is committed to us.

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produces good-nature and mutual benevolence ; it encourages the timid, soothes the turbulent, humanizes the fierce, and distinguishes a society of civilized persons from a confusion of savages.

Politeness has been defined as society's method of making things run smoothly. True complaisance is a more intimate quality. It is an impulse to seek points of agreement with others. A spirit of welcome, whether to strangers, or to new suggestions, untried pleasures, fresh impressions. It never is satisfied to remain inactive so long as there is anybody to please or to make more comfortable.

The complaisant person need not be lacking in will, in determination, or individuality. In fact, it is the complaisant person's strength of will that holds in check and harmonizes

We would willingly have others perfect and yet we amend not our own faults.

Thomas à Kempis.

Life is not so short but there is always time for courtesy.

R. W. Emerson.

Politeness has been well defined as benevolence in small things.

Macaulay.

THE GIRL WANTED

There is a disposition in conversation to soothe and please; and a disposition contrary to contradict and cross; which is that properly which we call good nature or ill nature.

Francis Bacon.

Politeness is like an air-cushion; there may be nothing in it, but it eases the jolts wonderfully.

George Eliot.

all the other traits of character and moulds them into a perfectly balanced disposition.

Complaisance rounds off the sharp corners, chooses softer and gentler words, and makes it easy and pleasant for all to dwell together in unity. We see, therefore, that it is closely associated with a more familiar word, "love." Indeed, if complaisance be the unselfish desire to please others rather than ourselves it *is* love.

ONLY A WORD

Tell me something that will be
Joy through all the years to me.
Let my heart forever hold
One divinest grain of gold.
Just a simple little word,
Yet the dearest ever heard;
Something that will bring me rest
When my spirit is oppressed.

A word spoken
in due season,
how good is it!

Proverbs xv. 23.

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As the candle in the night
Sends abroad its cheerful light,
So a little word may be
Like a lighthouse in the sea.
When the winds and waves of life
Fill the breast with storm and strife,
Just one star my boat may guide
To the harbour, glorified.

But better far it is
to speak
One simple word,
which now and
then
Shall waken their
free nature in
the weak
And friendless
sons of men.
J. R. Russell.

CHAPTER III

THE JOY OF DOING

Nothing great
was ever achieved
without enthusi-
asm.

R. W. Emerson.

LANGUID, half-hearted deeds
never amount to much.
Battles are not won by faint
hearts. No, we must be sure in our
hearts that the cause is worth while,
and that whether we fall or not it
cannot fail to achieve victory.

Then life is—to
wake not sleep,
Rise and not rest,
but press
From earth's
level . . .

To the heaven's
height, far and
steep.

Robert Browning.

If we lack enthusiasm we are
almost as certain to fail of achiev-
ing an end as a locomotive engine
that lacks steam is of climbing the
hill. Even a listless, lackadaisical
spirit may get on very well so long
as the path of life is all on a level,
or is down hill. But when it
comes to hill-climbing and the real
experiences of life that serve to

Every difficulty
yields to the en-
terprising.

J. G. Holmes.

THE JOY OF DOING

develop character, such a spirit is likely to give up the contest and surrender the prize it might win to other and more earnest competitors.

Whatever I have tried to do in life, I have tried with all my heart to do well ; . . . in great aims and small I have always been thoroughly in earnest.
Chas. Dickens.

"If you would get the best results, do your work with enthusiasm as well as fidelity," says Dr. Lyman Abbott. "Only he can who thinks he can!" says Orison Swett Marden. "The world makes way only for the determined man who laughs at barriers which limit others, at stumbling-blocks over which others fall. The man who, as Emerson says, 'hitches his wagon to a star,' is more likely to arrive at his goal than the one who trails in the slimy path of the snail."

Nothing of worth or weight can be achieved with half a mind, with a faint heart, and with a lame endeavour.
Barrow.

Every girl knows that the girl friends whom she loves best are those who are keenly interested in all about them and who enter with

The truest lives are those that are cut rose-diamond-fashion, with many facets answering to the many-planed aspects of the world about them.
O. W. Holmes.

THE GIRL WANTED

Enthusiasm is the leaping of lightning, not to be measured by the horse-power of the understanding.
R. W. Emerson.

enthusiasm into the tasks and responsibilities that confront them.

Enthusiasm is the breeze that fills the sails and sends the ship bravely over the dancing waves. It is the joy of doing things and of seeing that things are well done. It gives to work a thoroughness and a delicious zest, and to play a whole-souled, health-giving delight.

Pleasure comes through toil; when one gets to love his work, his life is a happiness.

John Ruskin.

Only they who find joy in their work can live the larger and nobler life; for without work, and work done joyously, life must remain dwarfed and undeveloped. "If you would have sunlight in your home," writes Stopford Brooke, "see that you have work in it; that you work yourself, and set others to work. Nothing makes moroseness and heavy-heartedness so fast in a house as idleness." If all have their work,

Give us to go blithely on our business all this day.
R. L. Stevenson.

THE JOY OF DOING

they have not only their own joy in originating ideas and in seeing these take practical shape; in contributing to the completion of common tasks; but they have the pleasure of feeling that they are working for the good of all. There is sunshine in the thought, and the girl who feels that she has a worthy place in life, a useful part to perform, is a different being from the weary, aimless, lifeless, complaining girl who has no regular occupation.

Get leave to work
In this world,—
'Tis the best you
get at all.
Mrs. Browning.

Satisfaction of
mind is allotted
by Providence
only to industry.
I. A. Froude.

Charles Kingsley says: "Thank God every morning when you get up that you have something to do that day which must be done whether you like it or not. Being forced to work, and forced to do your best, will breed in you temperance and self-control, diligence and strength of will, cheerfulness and content, and a hundred

Honest labour
bears a lovely face.
Thos. Dekker.

THE GIRL WANTED

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Golden cords of
good works raise
the soul to purer
worlds.

W. Wordsworth.

virtues which the idle will never know."

It is unwholesome for one to have more leisure than a mere breathing spell now and then for the purpose of setting to work once more with renewed energy.

Neither days,
nor lives can be
made noble or
holy by doing
nothing in them.

John Ruskin.

They who work with their hearts as well as their hands do not grow tired. "The labour we delight in physics pain," says Shakespeare.

A labour of love is a labour of growing delight. When wealth, having removed the necessity of labour, induces idleness, nature takes revenge for the infraction of her laws; the idle rich live next door to ruin. And Burton puts the case even more strongly when he says: "He or she that is idle, be they of what condition they will, never so rich, so well allied, fortunate, happy—let them have all

There is always
hope in a man
that actually and
earnestly works;
in idleness alone
is there perpetual
despair.

Thos. Carlyle.

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things in abundance and felicity that heart can wish and desire—all contentment—so long as he or she or they are idle, they shall never be pleased, never well in mind or body, but weary still, sickly still, vexed still, loathing still, weeping, sighing, grieving, suspecting, offended with the world, with every object, wishing themselves gone or dead, or else carried away with some foolish phantasy or other."

But riches are not necessarily associated with idleness. Riches, rightly employed, bestow upon the possessors of them the blessed privilege of being employed in the kind of work where they can serve to the best advantage and do most for their fellow-men. Indeed, the possession of riches places upon those who have them the moral necessity and obligation of doing more and better things

There is a perennial nobleness, and even sacredness, in work.

Thos. Carlyle.

Men talk about the indignity of doing work that is beneath them, but the only indignity that they should care for is the indignity of doing nothing.

H. R. Harveys.

Absence of occupation is not rest,

A mind quite vacant is a mind distress'd.

Wm. Cowper.

THE GIRL WANTED

A man with fifty, with five hundred, with a thousand pounds, a day, given him freely, without condition at all . . . is a worker with such tools as no man in this world ever before had.

Thos. Carlyle.

in the world than are expected of those less amply supplied with wealth. "From every man according to his ability; to every man according to his needs." The larger responsibilities are placed upon those to whom are given the larger means of achievement.

So it would be a mistake to think that the possession of wealth relieves us from doing for ourselves and for others tasks and duties that are essential for our physical and spiritual health. No matter in whatever walk of life we may find ourselves, we must exercise our muscles or they will become weak and useless; we must stir and interest our hearts or they will grow hard and unresponsive; we must use our minds or they will become dull and inactive; we must employ our consciences or they will grow to

That man is richest who, having perfected the functions of his own life to the utmost, has also the widest helpful influence, both personal, and by means of his possessions, over the lives of others.

John Ruskin.

THE JOY OF DOING

be blind and unsafe guides that must lead us into dark distress.

Work is the best thing to make us love life.

Ernest Renan.

But to be employed does not mean that we must necessarily be at work in the fields, or in the factory, or in the office. There are a thousand ways in which we may be usefully occupied. We are to devote a portion of our time and energy to genuine service on behalf of brothers, sisters, parents, teachers, friends, and, in fact, all the world. And we must be grateful for the chance to serve others and deem it an opportunity rather than an obligation.

He who works for sweetness and light, works to make reason and the will of God prevail.

Matthew Arnold.

And above all, we must find delight in the work we are privileged to do. Work is not a curse laid upon the human race. We are so constituted that the greatest pleasures come to us through the doing with our might those things which our hands find to do. They know

The advantage of leisure is mainly that we have the power of choosing our own work; not certainly that it confers any privilege of idleness.

Lord Avebury.

THE GIRL WANTED

Efforts to be permanently useful must be uniformly joyous—a spirit all sunshine, graceful from very gladness, beautiful because bright.

Thos. Carlyle.

Cheerfulness is the daughter of employment.

Lord Avebury.

All who have meant good work with their whole hearts have done good work, although they may die before they have time to sign it.

R. L. Stevenson.

nothing of the blessedness of rest who live in idleness; and the higher life is attained not by the idler, but by him whose spirit has become attuned to the infinite by the manful acceptance of the laws of his being, that is to say, by cheerful recognition that toil is a blessed thing. "How good is man's life, the mere living! how fit to employ all the heart and the soul and the senses for ever in joy!" exclaims Robert Browning. This is not the spirit of the idler, but of the strenuous worker who, laying down his spade for a space, looks round upon the beauties of the garden which by ordinance of the Almighty is the fruit of his toil.

It is in this spirit that we should look upon all the beauty and wonder about us. To-morrow will ever be a joyous hope and yesterday a



Agnes Weston has taught the whole world the power of consecration to a definite life's purpose. Hers was found through a letter which she wrote to a soldier. The recipient asked that she should write also to a sailor comrade, and she did so. Similar requests followed, until at last she was led to issue a Monthly Letter to Seamen and Marines. This print had instantaneous success, and its present circulation exceeds 21,000. But Miss Weston has a closer touch with bluejackets than letters afford. While staying at Devonport she became interested in Sailor lads on Training Ships; this led to the institution of flourishing Sailors' Homes both at Devonport and Portsmouth, and to the formation in due course of a branch of the Royal Navy Temperance Society on board every ship in the British Navy. Thousands of bluejackets and their wives affectionately regard her as "Mother" and she is now actively engaged upon the realization of a dream to establish a fund which shall ensure £20 a year to each sailor's widow.

THE JOY OF DOING

golden memory, if we are thoughtful regarding the manner in which we live

We can conceive or desire nothing more exquisite or perfect than what is round us every hour.—*Greg.*

TO-DAY

Let's work to-day that it may be,
When shrined within the memory,
As free from self-inflicted sorrows
As are our hopes of glad to-morrows.

There are many who make the serious mistake of thinking that joyousness and cheerfulness are only for the play hour and are not to be made an inseparable part of the time we must devote to toil. No view could be more faulty and regrettable. It is in our working hours that we should seek to be cheerful and optimistic. All our tasks should be lightened with the leaven of good humour.

A Man he seems
of cheerful yesterdays
And confident to-morrows.
W. Wordsworth.

The task seems never very long
If lightened with a smile and song.

Know then this
truth (enough for
man to know),
"Virtue alone is
happiness below."
Alexander Pope.

THE GIRL WANTED

A happy soul that
all the way
To heaven, hath
a summer's day.
R. Crashaw.

Miss Emory Belle tells in the following extract how she carried the spirit of good cheer to her daily tasks, with the result:—

Wondrous is the
strength of cheer-
fulness; altogether
past calculation
its powers of en-
durance.

Thos. Carlyle.

If a man is un-
happy, this must
be his own fault;
for God made all
men to be happy.

Epictetus.

“I started out to my work one morning, determined to try the power of cheerful thinking (I had been moody long enough). I said to myself: ‘I have often observed that a happy state of mind has a wonderful effect upon my physical make-up, so I will try its effects upon others, and see if my right thinking can be brought to act upon them.’ You see, I was curious. As I walked along, more and more resolved on my purpose, and persisting that I was happy, that the world was treating me well, I was surprised to find myself lifted up, as it were; my carriage became more erect, my step lighter, and I had the sensation of treading on air.

THE JOY OF DOING

Unconsciously, I was smiling, for I caught myself in the act once or twice. I looked into the faces of the women I passed and there saw so much trouble and anxiety, discontent, even to peevishness, that my heart went out to them, and I wished I could impart to them a wee bit of the sunshine I felt pervading me.

"Arriving at the office, I greeted the bookkeeper with some passing remark, that for the life of me I could not have made under different conditions; I am not naturally witty; it immediately put us on a pleasant footing for the day; she had caught the reflection. The manager of the company by which I was employed was a very busy man and much worried over his affairs, and at some remark that he made about my work I should ordinarily have felt quite hurt

Our remedies oft
in ourselves
do lie,
Which we ascribe
to heaven.
Wm. Shakespeare.

Be cheerful, no
matter what re-
verse obstruct your
pathway, or what
plagues follow in
your trail to annoy
you.

Sir A. Helps.

It is impossible
to estimate the
power for good of
a bright, glad,
shining face. Of
all the lights you
carry on your face,
joy shines farthest
out to sea.

Anonymous.

THE GIRL WANTED

The small courtesies sweeten life, the greater ennobles it.—*Bovee.*

Let your speech be always with grace.
Colossians iv. 6.

Discretion of speech is more than eloquence: and to speak agreeably to him with whom we deal is more than to speak in good words or in good order.

Francis Bacon.

(being too sensitive by nature and education); but I had determined that nothing should mar the brightness of this day, so replied to him cheerfully. His brow cleared, and there was another pleasant footing established; and so throughout the day I went, allowing no cloud to spoil its beauty for me or others about me. At the kind home where I was staying the same course was pursued, and, where before I had felt estrangement and want of sympathy, I found congeniality and warm friendship. People will meet you half-way if you will take the trouble to go thus far.

“So, my sisters, if you think the world is not treating you kindly don't delay a day, but say to yourselves: ‘I am going to live for others, and shed sunshine across the pathway of all I meet.’ You will

THE JOY OF DOING

find happiness springing up like flowers around you, will never want for friends or companionship, and above all the peace of God will rest upon your soul."

Who'er deprives
himself of life
and light
In reckless lavish-
ment his talent
wastes,
And sorrows then
when he should
dwell in joy.
Dante.

Miss Belle owed her happy experience to a change in the attitude of her mind and a determination to look upon the sunshiny, rather than the dark, side of life. We can all do as much. It is for us to say whether we will be happy and make others happy, or whether we shall be distressed and thereby distress others.

There is youth
in thoughts, as
well as in ages.
Francis Bacon.

There is nothing more certain than that we grow in the direction in which our mind is most firmly fixed. Our daily actions, and their result on our lives, are the effect of a cause—and that cause is invariably our previous thought. What we think most of to-day will be

He whose wake-
ful tenderness
removes
The obstructing
thorn which
wounds the
friend he loves,
Smooths not an-
other's rugged
path alone,
But scatters roses
to adorn his
own.
Hannah More.

THE GIRL WANTED

We ought to be as cheerful as we can, if only because to be happy ourselves is a most effectual contribution to the happiness of others.

Lord Avebury.

The first, and last, and closest trial question to any living creature is "What do you like?" Tell me what you like, and I'll tell you what you are.

John Ruskin.

Concentration is the secret of strength.

R. W. Emerson.

most likely what we shall repeat to-morrow. Therefore it is of the utmost importance that we begin to think as deeply as possible on those things that build us up. Half the work is already done if only we can resolve upon a course. It is the mind that drags us either up or down. Where that leads we follow. The power of direction is with us, but we cannot send our mind in one direction and then take the opposite road ourselves.

So let us pause and review our position. Let us ascertain whether we are forming worthy resolves, whether we are well and truly laying the foundations of the structure which we hope to build, whether we are going forward or backward,

THE JOY OF DOING

JUST THIS MINUTE

If we're thoughtful, just this minute,
In whate'er we say or do;
If we put a purpose in it
That is honest, through and through,
We shall gladden life and give it
Gracious shape of pow'r sublime;
Pow'r though life be long to live it
True and faithful all the time.

Just this minute we are going
Toward the right or toward the wrong,
Just this minute we are sowing
Seeds of sorrow or of song.
Just this minute we are thinking
On the ways that lead to God,
Or in idle dreams are sinking
To the level of the clod.

Yesterday is gone, to-morrow
Never comes within our grasp;
Just this minute's joy or sorrow,
That is all our hands may clasp.
Just this minute! Let us take it
As a pearl of precious price,
And with high endeavour make it
Fit to shine in paradise.

How miserable
is the condition of
those men which
spend the time as
if it were given
them, and not
lent; as if hours
were waste crea-
tures, and such as
should never be
accounted for.

Bishop Hall.

Learn that the
present hour alone
is man's.

Dr. Johnson.

Hours have
wings, fly up to
the Author of time
and carry news of
our usage. Surely
if we thought
thus we should
dismiss them with
better reports.

John Milton.

THE GIRL WANTED

How happy is it when they carry up not only the message, but the fruits of good, and stay with the Ancient of Days to speak for us before His glorious throne.

John Milton.

One who finds joy in the doing of things can work more easily and steadily than one who works unwillingly and unhappily. Cheerfulness is a lubricant for all the wheels of life. It not only brings happiness but that almost necessary adjunct of happiness—health.

Cheerfulness is, in the first place, the best promoter of health.

Addison.

“In the maintenance of health and the cure of disease,” says Dr. A. J. Sanderson, “cheerfulness is a most important factor. Its power to do good like a medicine is not an artificial stimulation of the tissues, to be followed by reaction and greater waste, as is the case with many drugs; but the effect of cheerfulness is an actual life-giving influence through a normal channel, the results of which reach every part of the system. It brightens the eye, makes ruddy the countenance, brings elasticity

The soul is dyed by its thoughts.
Lord Avebury.

THE JOY OF DOING

to the step, and promotes all the inner forces by which life is sustained. The blood circulates more freely, the oxygen comes to its home in the tissues, health is promoted, and disease is banished."

Laugh and be well.

Matthew Greene.

So the girl who would go down the paths of sunshine will put joy and enthusiasm into her work and into her play. She will practise her music-lesson, take up her studies at school, assist in performing the household duties, and in doing the many tasks that come to her hands in a joyous, whole-hearted manner.

Cheerfulness is the very flower of health.

Schopenhauer.

In so doing she will make a pleasure of that which, with dull complaining, would be a drag and a distress. By this cheerful attitude of mind she will be able to mould all things to her will

One means very effectual for the preservation of health is a quiet and cheerful mind.

Ray.

THE GIRL WANTED

The aids to
noble life are all
within.

Matthew Arnold.

and, better still, she will be able
to mould her will to her highest
ideal of splendid womanhood. For
none can doubt that woman is the
architect of her own fortune, to a
very great extent. She is even
more than that, she is of her own
self

THE SCULPTOR

Show us how
divine a thing
A woman may be
made.

Wm. Wordsworth.

I am the sculptor: I, myself, the clay,
Of which I am to fashion, as I will,
By deed and by desire, day by day,
The pattern of my purpose, good or ill.

Not in dead bronze nor the insensate stone
Can my great work be wrought out
fair and whole;
But in a living statue I enthrone
That essence of eternity, the soul.

This world, after
all our science and
sciences, is still a
miracle; wonder-
ful, inscrutable,
magical, and more
to whosoever will
think of it.

Thos. Carlyle.

"Who taught," it asks, "the ant to build her
nest?
The bee her cells? the speckled thrush to
sing?
The dove to plume his iridescent breast?
The butterfly to spread his gorgeous wing?"

THE JOY OF DOING

"The spider how to spin so wondrous wise?
The nautilus to form his chambered shell?
The carrier-pigeon under alien skies,
Who taught him how his homeward course
to tell?"

Blessed is he
who has found his
work ; let him ask
no other blessing.
Thos. Carlyle.

By force or favour it would win from fate
The sacred secret of the blood and breath :
Learn all the hidden springs of love and
hate,
And gain dominion over life and death.

It was said of
Michael Angelo,
that he often
hewed the marble
before him with-
out a model, as
one who was set-
ting free a figure
imprisoned in the
block, clear to his
artistic eye. The
image is a just
representation of
the work of life.

Bishop Westcott.

In every feature of the sculptured face
Of spirit and of substance, I must mould
The shining symbol of a grander grace :
The hope toward which the centuries have
rolled.

Oh, heart and brain, working throughout the
years,

Working 'mid sorrow, turmoil, strife and
sin,

'Tis yours to bring from out the stress and
tears

A godlike figure fashioned from within.

For of the soul
the body form
doth take,

For soul is form,
and doth the
body make.

Edmund Spenser.

CHAPTER IV

SOME EVERYDAY VIRTUES

Many Theresas have been born who found for themselves no epic life wherein there was a constant unfolding of far-resonant action: perhaps only a life of mistakes, the offspring of a certain spiritual grandeur, ill-matched with the meanness of opportunity.

George Eliot.

Faithful, gentle,
good,
Wearing the rose
of womanhood.
Lord Tennyson.

IT is usual to speak of the "everyday virtues" as if they were of a nature quite inferior to that of the high heroic qualities which everybody admires. This is wrong. The difference is not of kind, nor even, altogether, of degree; it is chiefly a difference of circumstances and opportunities. The girl who sets before herself a high ideal, and strives with all her heart to reach it; who is true and fearless in word and deed; who brings sunshine into her home; who performs day by day those little unnumbered acts of self-sacrifice which are so hard, yet so inglorious; who meets

SOME EVERYDAY VIRTUES

trouble with a high heart and a brave face—she is of the stuff of which heroines are made. If the call came to her, as it has come to many of her sisters, bidding her mount to the heroic, painful heights where great deeds are done, she would go, bravely and cheerfully. But the vain and slothful girl, the girl who tells small fibs and acts with petty deceit, who is self-indulgent and peevish, who spends her time dreaming of herself as the heroine of some great adventure, and neglects the plain duties lying around her—the call would sound in her ears in vain; indeed, she probably would not understand it, for she is not of the heroic race and cannot speak their language.

If girls would remember that greatness is often goodness set in

There needs not
a great soul to
make a hero;
there needs a God-
created soul which
will be true to its
origin; that will
be a great soul.

Thos. Carlyle.

Be good, sweet
maid, and let
who will be
clever,
Do noble deeds,
not dream them
all day long.
And thus make
life, death, and
the vast forever
One grand, sweet
song.

Charles Kingsley.

Children of men !
not that your
age excel
In pride of life
the ages of your
sires,
But that ye think
clear, feel deep,
bear fruit well,
The Friend of
man desires.

Matthew Arnold.

THE GIRL WANTED

I would be good
and great—when
will the day come
when I shall be
content to be good
and yet not great?
Charles Kingsley.

a wide place, their lives would be fuller of lofty purpose, loving effort, and cheerful content. They would thus grow rich in the wealth which stands far above silver and gold.

From our own
selves our joys
must flow.

N. Cotton.

Wealth is a matter of the heart and not of the pocket. A thousand slaves piling up wealth for their master cannot make him rich. It is not that which others do for us that makes us possessors of great wealth, but that which we do for others and ourselves. All true riches are self-made. Only when the hand and the heart are put into one's work does it yield a lasting possession.

Every one is the
son of his own
works.

Cervantes.

Therefore true worth of character is something that each must achieve for himself. It cannot be bought; it cannot be bequeathed to us; it must be made by each individual who would possess it.



Catherine Booth, commonly called "The Mother of the Salvation Army," was a somewhat delicate and retiring young lady when married to William Booth, already an ardent revivalist preacher amongst the Methodists. Having overcome, under intense conviction of duty, her reluctance to speak in public, she became, at a time when it was almost unknown for any respectable woman to speak publicly, a renowned and effective preacher, and from the first encouraged General Booth in organizing bands of such speakers from the ranks of labour. Rearing and carefully training, at the same time, a large family of preaching sons and daughters, she demonstrated that a woman's home duties need not be neglected for her to serve God and the public in this way. By her books, "Aggressive Christianity" and "Practical Religion," she taught all this, and lived to see raised up a great international army of men and women who had been quite irreligious, combating the tendency to unbelief and neglect of God in every continent and amongst every class.

SOME EVERYDAY VIRTUES

"Whoever you are — wise or foolish, rich or poor," says Rebecca Harding Davis, "God sent you into His world, as He sent every other human being, to help the men and women in it, to make them happier and better. If you do not do that, no matter what your powers may be, you are mere lumber. A Stradivarius, if it hangs dusty and dumb upon the wall, is not of as much real value as a kitchen poker which is used."

He had the greatness which belongs to a life spent in . . . trying to raise men to the highest deeds they are capable of.

George Eliot.

Honest toil is holy service; faithful work is praise and prayer.

Henry Van Dyke.

The fine practical spirit, content and willing to do the humble things which are possible of achievement, is doing much to lift the world to a higher and better plane. "Have you never met humble men and women," asks Gannett, "who had read little, who knew little, yet who had a certain fascination as of fineness lurking about them? Know

For all human things do require to have an Ideal in them. And wonderful it is to see how the Ideal or soul, place it in what ugliest Body you may, will irradiate said Body with its own nobleness.

Thos. Carlyle.

THE GIRL WANTED

Whether a life
is noble or ignoble
depends not on
the calling which
is adopted, but on
the spirit in which
it is followed.

Lord Avebury.

Spirits are not
finely touch'd
But to fine issues.
Wm. Shakespeare.

All are but parts
of one stupend-
ous whole,
Whose body Na-
ture is and God
the soul.
Alex. Pope.

them, and you are likely to find them persons who have put so much thought and honesty and conscientious trying into their common work—it may be sweeping rooms, or planing boards, or painting walls—have put their ideals so long, so constantly, so lovingly into that common work of theirs, that finally these qualities have come to permeate not their work only, but so much of their being, that they are fine-fibred within, even if on the outside the rough bark clings.”

If we reflect upon the meaning of life we shall come to see that we are part of the Great Architect's plan. We may be only a humble detail, but we have our distinct portion in His large design, and the whole must suffer if we do not fulfil that which it is our part to do. Our part, observe; no one else can do it. Let

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us not be "the little rift within the lute which by and by shall make the music mute." No, we have a grander part to play, and each small action, day by day, is of greater consequence to ourselves than we may perhaps imagine, for in the end each of us is the sum of all the things he has done, or thought, or willed. Once we realize clearly that each deed or thought stands for something more than the mere thing itself—that it is closely related in its influences with all that other people are thinking and doing, we shall invest all our tasks, little and big, with more of purpose and importance.

Perhaps no other everyday virtue counts for so much in the general welfare of the world as the adapting of one's self to, and the making the most of, one's immediate surroundings. It is in the innumer-

All service ranks
the same with
God.
Robt. Browning.

Yet I argue not
Against Heaven's
hand or will,
nor bate a jot
Of heart or hope;
but still bear up
and steer
Right onward.
John Milton.

Do the work that's
nearest,
Though it's dull
at times,
Helping, when
you meet them,
Lame dogs over
stiles.
Charles Kingsley.

THE GIRL WANTED

Worth, courage,
honour, these
indeed

Your susten-
ance and birth-
right are.

E. C. Stedman.

The growing
good of the world
is partly depend-
ent on unhistoric
acts.

George Eliot.

With dim lights
and tangled cir-
cumstance they
tried to shape their
thought and deed
in noble agree-
ment; but after all,
to common eyes,
their struggles
seemed mere in-
consistency and
formlessness.

George Eliot.

able little, unrecorded deeds of kind-
ness and goodness that we lay the
foundations of character. Persever-
ance in well doing means so much to
those around us, and we may have
a larger power to bless others in the
ability, which is given to all for the
purpose, to be kind and thoughtful
and actively unselfish, than in the
less common virtues and traits which
sometimes lift men and women into
prominence.

Because the lives of humble folks
who go about doing good unob-
trusively as the natural expression of
their cheerful, loving characters may
not be known to newspaper readers,
or otherwise shouted abroad, many
may fail to appreciate that none the
less there is in them the elements of
true greatness. It is they who gain
life's richest rewards, the crowns
that fade not away. "The most in-

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spiring tales," it has been truly said, "are those that have not been written; the most heroic deeds are those that have not been told; the world's greatest successes have been won in the quiet of men's hearts; the noblest heroes are the countless thousands who have struggled and triumphed, rising on stepping-stones of their dead selves to higher things."

And brightest is
their glory's
sheen,
For greatest hath
their labour
been.

Matthew Arnold.

The following pen-picture has been drawn by an author who endeavours to present the kind of girl that is truly admirable in this work-a-day world. It is a common type, a being fit for "human nature's daily food." She may be called a working girl because she is never idle. She is cheery and, above all, sweet tempered. If she has a father who is able to support her at home she is busy about the house the greater

A child of light,
a radiant lass,
And gamesome as
the morning air.

Jean Ingelow.

A gay, serene
spirit is the source
of all that is noble
and good.

Schiller.

THE GIRL WANTED

Nature has endowed this young lady with almost every kind of perfection: has given her a charming face, a perfect form, a pure heart, a fine perception and wit, a pretty sense of humour, a laugh and a voice that are as sweet as music to hear.

W. M. Thackeray.

Sweet lips whereon perpetually did reign

The summer calm of golden charity.

Lord Tennyson.

All work . . . is noble: work is alone noble.

Thos. Carlyle.

part of the day, lifting burdens from mother's shoulders, studying, sewing, doing quietly and quickly the thousand and one things which are always waiting to be done in the home; proud that she can be of so much use. "She does not depend upon a servant to do what she can do for herself. She is considerate toward all who serve her. She is reverent to the old, and thoughtful of the feeble. She never criticizes when criticism can wound, and she is ready with a helpful, loving word for every one.

"Perhaps she has no father, or her parents are too poor to support her. Then she goes out and earns her living by whatever her hands find to do. She works behind the counter of a shop, or as a teacher in a school, or she counts out change at a cashier's desk, or she operates a

SOME EVERYDAY VIRTUES

typewriter, but always and everywhere she is modest and willing and sweet.

Grace was in all
her steps, heaven
in her eye,
In every gesture
dignity and love.
John Milton.

"She has too much dignity to be openly affronted, but she has humility also, and purity that differs from prudishness as a dove in the air differs from a stuffed bird in a show-case. She is quick to apologize when she knows she is in the wrong. She is not always imagining herself looked down upon because she is poor. If she is quick to be courteous, unselfish, gentle and retiring in speech and manner in public places, she is true gold, even though her dress be faded and her hat a little out of date. You cannot mistake any such girl any more than you can mistake the sunshine that follows the rain or the lark that springs from the grass at your feet."

Proud she may
be in the sense of
respecting herself;
but not in the
sense of contemn-
ing others less
gifted than herself.
O. W. Holmes.

As shines the
moon in cloud-
ed skies,
She in her poor
attire was seen.
Lord Tennyson.

THE GIRL WANTED

He who truly wishes the happiness of any one cannot be long without discovering some mode of contributing to it.
Dr. Thos. Brown,

How fortunate it is for us who would practise these little everyday virtues, that opportunities of being kind and thoughtful are always to be found. There is some one within the sound of our voice and within the reach of our hand who needs all that our love and care can give.

Unspoken homilies of peace
Her daily life is preaching;
The still refreshment of the dew
Is her unconscious teaching.
J. G. Whittier.

Do not flatter yourself that friendship authorizes you to say disagreeable things to your intimates.
O. W. Holmes.

Kindness is never shown in vain. The gift blesses the giver, even though the one receiving the gift is ungrateful. Consciously or unconsciously we exert an influence upon all who come within the range of our activity. Surely it is those who know us best who ought to be made happier by what we are and what we do. If we are lovable, will they not love us? If we love them, will it not serve to make them lovable? Let us not keep the nice little attentions and the carefully selected words for

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the stranger and the passer-by, but let us have as much regard for the members of our own intimate family circle. We should be happy to do most for those who do most for us. It has been aptly said: "Get into the way of idealizing what you have; let your imagination play round the home where you do live, instead of the one where you wish to live; weave a romance round the brother you have got, instead of round the Prince Perfect of a husband whom you have not got." And Marcus Aurelius says: "Think not so much of what thou hast not, as of what thou hast; but of the things which thou hast, select the best, and then reflect how eagerly they would have been sought if thou hadst them not."

Culture is not an end to be sought solely that we may enjoy the possession of that which will make us

Sweet is the smile
of home; the
mutual look,
When hearts are
of each other
sure.

John Keble.

What would a
blind man give to
see the pleasant
rivers, and flowers,
and fountains:
and this and many
other like blessings
we enjoy
daily?

Isaac Walton.

The most beautiful adventures
are not those we
go to seek.

R. L. Stevenson.

THE GIRL WANTED

Sometimes . . . it seems as if the great act of human culture consisted chiefly in preserving the glow and freshness of the heart.

H. T. Tuckerman.

“superior.” Its value lies, rather, in the additional power which it gives to the ordinary everyday virtues. It adds to our usefulness, and its fruits are to be seen in regard for the pleasure, happiness, and well-being of others.

Manners must adorn knowledge.
Lord Chesterfield.

There are various roads to culture, and book education is only one of them. The lady need not necessarily be “educated,” but she must be cultured. That is, she must have extracted from all her experiences the gracious lessons which life teaches those whose souls are attuned to catch the whisper of truth. The cultured soul shrinks naturally from selfishness, and however great may be the store of knowledge it cannot avail to make the selfish person cultured?

I acknowledge the all-but omnipotence of early culture and nurture.

Thos. Carlyle.

But the girl who loves good books is immensely aided in her soul-

SOME EVERYDAY VIRTUES

education. The great writers have so much that is helpful to say; they open the windows of the soul, and the light which enters goes forth again to dispel darkness in others. Every girl may be a "lady with the lamp," to recall the beautiful name conferred upon Florence Nightingale.

Carrying thus in one person the only two bands of good-will—loveliness and lovingness.

Sir Philip Sidney.

The peaceful satisfaction which we feel at the end of a day depends upon how we have lived that day. We soon learn that the day in which we do most for others is of most worth for ourselves.

Count that day lost whose low descending sun Views from thy hand no worthy action done.

Stanford.

"At the end of life," says Hugh Black, "we shall not be asked how much pleasure we had in it, but how much service we gave in it; not how full it was of success, but how full it was of sacrifice; not how happy we were, but how helpful we were; not how ambition was

Measure thy life by loss instead of gain, Not by the wine drunk, but by the wine poured forth.

Hamilton King.

THE GIRL WANTED

Life hath no dim
and lowly spot
That doth not in
her sunshine
share.

J. R. Lowell.

gratified, but how love was served.
Life is judged by love; and Love is
known by her fruits."

Our happiness
in this world de-
pends upon the
affections we are
able to inspire.

*Duchess de
Praslin.*

A look of kind
Truth; a word
of Goodwill,
Are the magical
helps on Life's
road.

Eliza Cook.

The everyday virtues include very many fine little traits that serve unconsciously to make our paths smoother, our skies bluer, and all of life more glad and golden. They constitute a habit of doing the right thing at all times and so quietly and unostentatiously that no one is made to feel any sense of obligation. One who possesses these virtues does not wait for stated times and occasions to express her gracious individuality, but like a flower in bloom the fine perfume pervades the atmosphere in which she moves. Naturally and without effort does such a one show in her daily life that she has realized the wisdom enshrined in these cheerful words of self-advice which are worthy



Louisa Alcott wrote a book called "Little Women." It gives a picture in which love and unselfishness make the home happy and beautiful. Miss Alcott was one of her own "little women," and the story of her life exhibits a sweet and helpful character such as might well be the ideal for the average girl, whose opportunities must lie in the more or less restricted circle of a home. Louisa was led to write books because of her desire to help her parents. Her success enabled her to add substantially to the family resources while, at the same time, her book will continue to inspire thousands to desire to be that which is expected of loving daughters and sisters. Louisa Alcott became one of the most famous women of America, and her power to help others even beyond the limits of her native land proceeded from the exercise of the homely virtues of love, unselfishness, sympathy, and courage, while herself but "a little woman" in her small home.

SOME EVERYDAY VIRTUES

of being learned by heart: "I shall pass through this world but once; any good thing therefore that I can do, or any kindness that I can show to any human being, let me do it now. Let me not defer it or neglect it, for I shall not pass this way again." And in expressing the same thought Amiel says: "Do not wait to be just or pitiful or demonstrative towards those we love until they or we are struck down by illness or threatened with death. Life is short, and we have never too much time for gladdening the hearts of those who are travelling the dark journey with us. Oh! be swift to love, make haste to be kind!" We should not wait till some sad experience has taught us the rare privilege we may now own of offering

When death, the great Reconciler, has come, it is never our tenderness we repent of, but our severity.

George Eliot.

True love . . . is a thing to walk with hand in hand through the everydayness of this workaday world.

J. R. Lowell.

O the anguish of that thought, that we can never atone to our dead for the stinted affection we gave them.

George Eliot.

THE GIRL WANTED

I will labour
not to be like a
young colt first set
to plough, who
more tires himself
out with his own
untowardness than
with the weight of
what he draws.

Thos. Fuller.

A ROSE TO THE LIVING

A rose to the living is more
Than sumptuous wreaths to the dead ;
In filling love's infinite store ;
A rose to the living is more,
If graciously given before
The hungering spirit is fled—
A rose to the living is more
Than sumptuous wreaths to the dead.

Find out your
task ; stand to it.

Thos. Carlyle.

Quiet minds
cannot be per-
plexed or fright-
ened, but go on
in fortune or mis-
fortune at their
own private pace,
like a clock dur-
ing a thunder-
storm.

R. L. Stevenson.

Of all the homely virtues there is
none more to be commended and de-
sired than patience. This priceless
quality of mind puts its possessor
into friendly relations with whatever
the surrounding conditions may
chance to be. Nothing is so con-
ducive to success as the ability to do
calmly and patiently the tasks set
before us. Success in life depends
far more upon the calm, thoughtful
decision of character than upon the
possession of what is called genius.
On the other hand, she who hastily

SOME EVERYDAY VIRTUES

and impatiently disposes of the problems that continually arise impairs her chances of achieving success in life.

How happy home might generally be made, but for foolish quarrels or misunderstandings, as they are well named.

Lord Avebury.

Have you ever had occasion to note how one petulant or peevish member of a household will sometimes disturb the harmony of a breakfast or dinner hour? What would otherwise have been a pleasant coming together of the members of the family is made painful because someone lacked the patience and forbearance to withstand and to surmount some little trial or irritation that should have been promptly dismissed from the mind and the heart, or better still, which never should have been permitted to enter. Membership in the family has little value if there be not a realization of the truth that the successful life of the individual is to

Remember that everybody's business in the social system is to be agreeable.

Charles Dickens.

The nearer you come into relationship with a person, the more necessary do tact and courtesy become.

O. W. Holmes.

THE GIRL WANTED

Plain living and
high thinking.

Wm. Wordsworth.

be found only in a perfect union with other members; in regard for their rights; in deference to their wishes; and in devotion to that common interest in which each member shares.

Home-keeping
hearts are happiest.

H. W. Longfellow.

The patient disposition to do the best one can, this day, this hour, this very moment, counts for much in the building of a life. How perfectly is its whole purpose set forth in Channing's *Symphony*: "To live content with small means; to seek elegance rather than luxury, and refinement rather than fashion; to be worthy, not respectable, and wealthy, not rich; to study hard, think quietly, talk gently, act frankly; to listen to stars and birds, to babes and sages, with open heart; to bear all cheerfully, do all bravely, await occasions, hurry never. 'In a word, to let the spiritual, unbidden and

He hath a daily
beauty in his life.

Wm. Shakespeare.

SOME EVERYDAY VIRTUES

unconscious, grow up through the common. This is to be my sympathy."

Toil unsevered
from tranquillity.
Matthew Arnold.

It is this rare sense of poise, this patient regard for the things that are worthy and of good repute, that enables good men and women to find in life the refreshment that keeps their spirits ever young and glad-some. They only are able to attach the proper value to the passing things of time. They are not unduly elated when all goes well, and they are not unduly cast down when sorrow and difficulty come, as come they must to all. If those around are harsh or unsympathetic the patient soul goes calmly on its way, not arrogantly, but because of its sense of the due proportion of all things. "There is no joy but calm." Until a girl has learned to do her work thoroughly—and thoroughness

To know
That which before
us lies in daily
life
Is the prime wisdom.
John Milton.

The question
every morning is
not how to do the
gainful thing, but
how to do the just
thing.
John Ruskin.

THE GIRL WANTED

Give us, O give
us the man who
sings at his work.

Thos. Carlyle.

is another name for patience—she will not realize the truth in that beatitude: "Blessed is the woman who finds joy in her work." So, let us cultivate the chiefest of our everyday virtues. It will help us to be watchful and will enable us to give to every moment the proper attention whereby we shall not miss the possibilities of achievement which it may bring. It will teach us that during every day, every hour, every moment, there is time for politeness, for kindness, for gentleness, for the display of strength and tenderness and high purpose which will make life beautiful in

For manners are
not idle, but the
fruit

Of loyal nature,
and of noble
mind.

Lord Tennyson.

THIS BUSY WORLD

The turmoil of
the world will al-
ways die, if we
set our faces to
climb heaven-
ward.

Hawthorne.

It is a very busy world in which we mortals
meet,
There are so many weary hands, so many
tired feet;

SOME EVERYDAY VIRTUES

So many, many tasks are born with every morning's sun.

And though we labour with a will the work seems never done.

And yet for every moment's task there comes a moment's time:

The burden and the strength to bear are equal like a rhyme.

The heart makes strong the honest hand, the will seeks out the way,

Nor must we do to-morrow's work, nor yesterday's, to-day.

We scale the mountain's rugged side, not at one mighty leap,

But step by step and breath by breath we climb the lofty steep.

Each simple duty comes alone our willing strength to try;

One little moment at a time and so the days go by.

With strength to lift and heart to hope, we strive from sun to sun,

A little here, a little there, and all our tasks are done;

There's time to toil and time to sing and time for us to play,

Nor must we do to-morrow's work, nor yesterday's, to-day.

No man ever sunk under the burden of the day. It is when to-morrow's burden is added to the burden of to-day that the burden is more than a man can bear.

Geo. MacDonald.

The reward of one duty is the power to fulfil another.

George Eliot.

God's work must not be done lazily, but leisurely: haste maketh waste in this kind. Fair and softly goeth far.

Thos. Fuller.

CHAPTER V

THE VALUE OF SUNSHINE

Believe me,
girls, on the road
of life, you and I
will find few things
more worth while
than comradeship.

*Margaret E.
Sangster.*

DO people like you?
Are your girl playmates and
classmates fond of your
society? Are they eager to work
with you, play with you, go strolling
or sit by the fire with you?

This one fact we must know. If
we are not liked it must be because
we are not the possessors of that fine
quality known as "likeableness."
And if those who know us do not
love us, it is we and not they who
are responsible for their state of
mind. For as sure as the sun-
shine attracts the flowers, and the
fragrant flowers call the bee to their
store of honey, so a fine, likeable

Good sense and
a sweet temper;
a grateful heart
that could never
receive kindness
without wishing
to return it. I do
not know any
better qualifica-
tions for a friend
and companion.

Jane Austen.

THE VALUE OF SUNSHINE

character is certain to gain and to hold the affection of good friends and true.

A loving, cheerful fireside quality in her bright looks.

Charles Dickens.

The face full of sunshine, the heart full of hope, the lips that speak words of good cheer and joyous faith in the world, will attract as certainly as the magnet attracts the needle.

The girl who goes among her friends and neighbours with cheery smiles will find a warm welcome; but if she carries with her sighs and frowns instead, she will learn that she is not wanted.

She has a grace in being gay Which even mourning souls approve.

Mrs. Browning.

We all love to hear pleasant things. The old man who tells his young friends that they ought to be glad that the grandest, brightest, and best era in the world's history is just before them, does much more to inspire them than does the one who thinks that the best days of

Are not even bad people won by a constant cheerfulness, and a pure and affectionate heart?

W. M. Thackeray.

THE GIRL WANTED

We meet thee
like a pleasant
thought
When such are
wanted.
W. Wordsworth.

Many ancient
beautiful things
are lost, many
ugly modern
things have arisen;
but invert the pro-
position and it is
equally true.

George Eliot.

I do distrust the
poet who dis-
cerns
No character or
glory in his
times,
But trundles back
his soul five
hundred years
To find a hero or
an enterprise.
J. Byron.

the world were "the good old days of long ago," and that the golden age will never return. Brooke Herford remarks: "There are some people who ride through the journey of life with their backs to the horse's head. They are always looking into the past. All the worth of things is there. They are forever talking about the good old times, and how different things were when they were young. There is no romance in the world now, and no heroism." Now that is a miserable faith to hold; it brings a sort of paralysing chill over the life, and freezes the natural spring of joy that should ever be bubbling up to meet the fresh mercies of each new day.

Know then, my young friends, that the best time that ever was is the present time. ~~that~~ you will but use

THE VALUE OF SUNSHINE

it aright. It is full of romance, of heroism, of splendid opportunity, of all that is needed to develop character.

Now and here
is the hour of
great hearts, the
hour of heroism
and of genius.

Aniel.

There never was a time when there were more good things to be done, or when greater rewards awaited the doers of them. The summers are just as long and bright and golden; the roses blossom just as freely and as sweetly; human hearts are just as warm and kindly, as they have been at any time in the world's history. Emerson says: "Write it on your heart that every day is the best day in the whole year."

What we most
need is to see and
feel the beauty and
joy of to-day.

*Maurice D.
Conway.*

So, as far as the time and the hour are concerned, there is nothing in our surroundings to make us gloomy or dispirited, or indifferent regarding the influence we are exerting upon those around us. There is no obvious reason why we should not be joyous and happy at

Nature intended
you to be the
fountain-spring of
cheerfulness and
social life.

Sir A. Helps.

THE GIRL WANTED

We view the world with our own eyes, each of us ; and we make from within us the world we see.

W. M. Thackeray.

the prospect before us. We should have cheerfulness enough not only for our own personal needs, but to spare for those not so gladly born as ourselves.

A woman without a laugh in her is the greatest bore in existence. A good laugh is sunshine in a house.

W. M. Thackeray.

Splendidly blest is that household that is so fortunate as to possess at least one member gifted with the grace of humour. One such person in a home is enough if there cannot be more. When some cloud looms over the family circle and the air is chilly with foreboding, how one word of humour may illumine the cloud and show it up as our old friend who has oppressed us before with fears of disaster which never came.

Always laugh when you can ; it is a cheap medicine. Merriment is a philosophy not well understood. It is the sunny side of existence.

Lord Byron.

It is good to look on the humorous side, and a sense of humour will often aid us to make little of minor troubles. We often laugh at the small misfortunes of our friends



Dorothea Beale's education was conducted on the usual lines of her day, but she early showed a strongly intellectual turn of mind and was one of the first to attend lectures at the newly opened Queen's College for Ladies, afterwards herself taking classes there. She was appointed Principal of the Ladies' College, Cheltenham, which was in a struggling state, and here she found scope for all her great qualities. Her tact and able management led to its complete success. It became one of the great girls' schools of the country, and its example was a potent force in the development of the movement in regard to the higher education of women. Miss Beale was one of the leaders of the reformed educational movement, and her energetic personality, her tender sympathy and help, exercised a far-reaching influence over all who came in contact with her. Strongly religious by nature, she was broad minded and keenly interested in all branches of culture. She retained her post until she died in 1906.

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because we see humour in the situations. Let us learn to detect this same humour when *we* are in trouble ourselves. It will help to lighten the affliction.

What a world of inspiration and cheerfulness is in the motto written by Edward Everett Hale for the Lend-a-Hand Society: "Look up, and not down; look forward, and not back; look out, and not in; and lend a hand." It is the lifting of the burden from another's tired shoulder that does most to lighten the load resting on our own.

No girl who is truly conscious of the value of sunshine upon her own nature and upon the spirits of those with whom she comes into contact will ever, for one minute, permit herself to be taken possession of by

The world is a looking-glass, and gives back to every man the reflection of his own face. Frown at it, and it will in turn look sourly upon you; laugh at it and with it, and it is a jolly, kind companion.
W. M. Thackeray.

Be strong, live happy, and love.
Milton.

Every one must have felt that a cheerful friend is like a sunny day, which sheds its brightness on all around.
Lord Avebury.

THE GIRL WANTED

THE "BLUES"

All looks yellow
to the jaundiced
eye.

Alexander Pope.

"Blues" are the sorry calms that come
To make our spirits mope,
And steal the breeze of promise from
The shining sails of hope.

Mist clogs the sun-
shine,
Smoky dwarf
houses
Hem me round
everywhere;
A vague dejection
Weighs down my
soul.

Matthew Arnold.

There is no
doubt some self-
ish satisfaction in
yielding to melan-
choly, and fancy-
ing that we are
victims of fate; in
brooding over
grievances, especi-
ally if more or
less imaginary.

Lord Avebury.

Being in "the doldrums" is like
being in a fog. We lose all sense
of perspective and everything is dis-
torted. The present is bad enough,
but oh! the terrible future! How
dark and forbidding it looks! Take
courage. Real troubles do not crush
the soul in which sunshine has been
accustomed to dwell. The wind is
ever tempered to the shorn lamb.
With each trial comes strength to
resist and to endure. Imaginary
troubles, the intangible, vague dread
that some morbid people are so ready
to harbour, are more terrible, for
they deprive the victims of courage
to face the real trials of life. Be on

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your guard ; make it a rule to look always on the bright side.

A single member of a household who is inclined to be miserable may darken a home that would otherwise be bright and sunny. Surely no girl would desire to be merely "suffered" in her home ! If she is the cause of continual distress, it cannot be otherwise. Love cannot live in an atmosphere of discontent.

Charles Dickens says : " It is not possible to know how far the influence of any amiable, honest-hearted, duty-doing man flows out into the world." A bright, cheerful daughter in a home can make that place a part of the Kingdom of Heaven for all whose life interests are centred therein. Bliss Carman says, " Happiness, perhaps, comes by the grace of Heaven, but the wearing of a happy countenance,

Oh, happy they who have that virgin loving trust and sweet smiling confidence in the world, and fear no evil because they think none.

W. M. Thackeray.

It is, by God's mercy, in our power to attain a degree of self-government which is essential to our own happiness, and contributes greatly to that of those around us.

R. Southey.

Thrice blessed are thy father and thy lady mother, and thrice blessed thy brethren. Surely their souls ever glow with gladness for thy sake, so fair a flower of maidens.

Homer.

THE GIRL WANTED

Nothing can work me damage except myself; the harm that I sustain I carry about with me, and never am a real sufferer but by my own fault.

St. Bernard.

The most manifest sign of wisdom is a continual cheerfulness: her state is like that of things in the regions above the moon, always clear and serene.

Montaigne.

Oh! blessed with temper whose unclouded ray Can make to-morrow cheerful as to-day.

Alexander Pope.

the preserving of a happy mien, is a duty, not a blessing."

The girl with sunshine in her thoughts and sunshine in her eyes will find sunshine everywhere. Wherever she may go her presence will shed light on every path. In the home, in the school, amid whatever conditions surround her, she will be a source of happiness. She will see the good and the beautiful in the persons whom she meets; while all nature will be to her a never-ending source of interest and enjoyment. Above all, she will warmly value life and look upon it as being crowded with priceless opportunities for making herself and others happy. She will be filled with the same exuberant spirit of joy in the mere fact of her being that Mrs. Holden so happily sets forth: "I love this world. I never walk out in the

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morning when all its radiant colours are newly washed with dew, or at splendid noon, when, like an untired racer, the sun has flashed around his midday course, or at evening, when a fringe of a shadow, like the lash of a weary eye, droops over mountain and valley and sea, or in the majestic pomp of night when stars swarm together like bees, and the moon clears its way through the golden fields as a sickle through the ripened wheat, but I rejoice that I am yet alive. What matter if I am poor and unsheltered? Thank God, I am yet alive! People who tire of this world and pretend that they are anxious to leave it, are either crazy or full of bodily ailments. The happy, the warm-blooded, the sunny-natured and the loving cling to life. It is no time now to wish to die, while

Each of us, as we travel the way of life, has the choice, according to our working, of turning all the voices of nature into one song of rejoicing; or of withering and quenching her sympathy into a fearful withdrawn silence of condemnation.

John Ruskin.

He who can draw a joy
From rocks and woods or weeds
or things that seem

All mute, and does it—is wise.
Barry Cornwall.

The world is so full of a number of things,
I'm sure we should all be as happy as kings.
R. L. Stevenson.

THE GIRL WANTED

Of all the joys we can bring into our own lives there is none so joyous as that which comes to us as the result of caring for others and brightening sad lives.

E. C. Burke.

there is a dark space left on earth that love can brighten, while there is a human lot to be alleviated by a smile, or a burden to be lifted with a sympathizing tear."

It never yet happened to any man since the beginning of the world, nor ever will, to have all things according to his desire, or to whom fortune was never opposite and adverse.

Robert Burton.

The path of duty leads to happiness.

R. Southey.

We all understand that it is not difficult for us to be bright and smiling and gracious toward everyone when there is nothing to disturb the serenity of our thoughts, and when nothing is interfering with the fulfilment of our wishes. But when things are "at sixes and sevens," when our dearest purposes are thwarted, when some one is about to gain the place or prize which we covet, when we are forced to stay within doors when we prefer to go into the fields; then it requires more of character, more of strength, more of the true spirit of sacrifice to wear a smiling face and to maintain a cheerful heart. But instead

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of fleeing from the petty trials that cross our path we should welcome them as opportunities for testing and strengthening our good purposes. Disappointment should always be taken as a stimulant, and never viewed as a discouragement. To the sunshiny, thoughtful girl, trials and difficulties are not ills to be run away from; she faces them with courage, for she knows that they will help her to develop into

Then, welcome
each rebuff
That turns earth's
smoothness
rough,
Each sting that
bids nor sit nor
stand but go!
Robt. Browning.

There is some
soul of goodness
in things evil.
Wm. Shakespeare.

THE PRIZE WINNER

Oh, the girl who wins the prize
Is the one who bravely tries,
As she works her way amid the strain and stress,
Spite of hard words or hard knocks,
So to deal with stumbling-blocks,
That they serve as stepping-stones toward
success.

Sunshine has ever been deemed
an essential item in the equipment

I think that
there is success in
all honest endeavour,
and that there
is some victory
gained in every
gallant struggle
that is made.
Charles Dickens.

THE GIRL WANTED

This amicable conflict with difficulty obliges us to an intimate acquaintance with our object, and compels us to consider it in all its relations. It will not suffer us to be superficial.

Edmund Burke.

Every optimist moves along with progress and hastens it, while every pessimist would keep the world at a standstill.

Helen Keller.

Stirred up with high hopes of living to be brave men and worthy patriots, dear to God, and famous to all ages.

John Milton.

of the young man or young woman who aspires to climb the rough steepes which lead to the highest and fullest success. The optimist sees open paths where the pessimist can see no way out of the hopeless surroundings amid which she has been thrust by an unkind fate. The disposition to seize upon the opportunities lying close at hand and to believe that the here and now is full of sunshine and golden possibilities, has carried many a one to success, where others, lacking the inspiration born of cheerfulness and a hope well grounded in a broad and beautiful faith, have sat complainingly by the way and permitted the golden chances to go by unobserved.

"I was born of only ordinary capacity, but of extraordinary persistency," said Professor Maria Mitchell, the distinguished American

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astronomer, in the later years of her life, in looking back upon her career. She goes on to say that she did not realize that she was gifted in this way until she mingled with her fellow-students, and came to observe how even the cleverest girls, with exceptional ability, frequently did not get very far because they did not "stick at" their studies. At sixteen she left school, and at eighteen accepted the position of librarian of the Nantucket public library. Her duties were light and she had ample opportunity, surrounded as she was by books, to read and study, while leisure was also left her to pursue by practical observation the science in which she afterward excelled. Those who dwell upon small islands, such as Nantucket, her island home, learn almost of necessity to study the sea and

Our doubts are
traitors,
And make us lose
the good we oft
might win,
By fearing to at-
tempt.
Wm. Shakespeare.

Genius is an
infinite capacity
for taking pains.
Thos. Carlyle.

If you want
knowledge you
must toil for it.
John Ruskin.

THE GIRL WANTED

Still achieving,
still pursuing,
Learn to labour
and to wait.

H. W. Longfellow.

Stubborn labour
conquers every-
thing.

Virgil.

'Tis late : the as-
tronomer in his
lonely height,
Exploring all the
dark, descries
afar

Orbs that like
distant isles of
splendour are.

Prudhomme.

the sky. The Mitchell family pos-
sessed an excellent telescope. From
childhood Maria had been accus-
tomed to the use of this instrument,
searching out with its aid the distant
sails upon the horizon by day and
viewing the stars by night. Her
father had a marked taste for
astronomy, and carried on an inde-
pendent series of observations. He
taught his daughter all he knew;
but her own independent efforts
and steady application to study
were of even greater value. At
half-past ten on the evening of
October 1st, 1847, she made the
discovery which first brought her
name before the public. She was
gazing through her glass with
her usual quiet intentness when
she was suddenly startled to per-
ceive an unknown comet. At first
she could not believe her eyes ;



Other heroines in our portrait gallery have been given places because we see in them the power of love to transform the world, but we honour Miss Sullivan because she has shown what a miracle love can work in the tiny sphere of a child's small darkened life. Nothing less than love could have inspired perseverance such as she showed in her successful attempt to liberate the mind and soul of Helen Keller. The hope and faith with which she laboured to the end tell of a steadfast purpose that only the purest spirit of unselfish devotion could explain. Honour to the loving woman whose patience and noble courage have earned for her the reverential admiration of her brothers and sisters everywhere!

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then, hoping and doubting, scarcely daring to think that she had really made a discovery, she obtained its right ascension and declination. She then told her father, who gave the news to other astronomers and to the world, and her claim to the discovery was duly admitted. But had she not been interested in her work and competent to seize upon and to make the most of the opportunity that presented itself, she would not have gained the honour, so dear to the heart of the student of astronomy, of being the first to observe and record this strange visitant to the starry realms within the ken of man.

This success was the first of many in the same field, and it was gained by one who felt the joy of devoting herself whole-heartedly to the work she had taken up.

The end crowns
all.
Wm. Shakespeare.

Thus it has been
the glory of the
great masters in
all the arts to con-
front and to over-
come; and when
they had overcome
the first difficulty
to turn it into an
instrument for
new conquests
over new diffi-
culties.

Edmund Burke.

Attempt the end
and never stand
to doubt,
Nothing's so hard
but search will
find it out.

R. Herrick.

THE GIRL WANTED

A special branch
of learning . . .
suppose we call it
"Worth-while-
ism."

Lord Lytton.

A wise man
will make more
opportunities than
he finds.

Francis Bacon.

What I had to
do was to take
my woodman's
axe in my hand,
and clear my own
way through the
forest of difficulty.

Charles Dickens.

It is the faith which the sunshiny spirit has in the "worth-whileness" of life and its possibilities that impels her to put forth her whole strength in whatever she undertakes. Joy in doing lends diligence to the tilling of the soil, because interest is there, and no toil is irksome where there is interest. It is because of "preparedness" due to past thought and labour that men and women are able to seize upon and make the most of the so-called "lucky chance" that leads to happiness and success.

While Thomas A. Edison was yet a youth, the desire to make himself of worth to the world led him to spend the leisure which many boys would waste in idleness or purposeless pastime in learning the telegraphic code. Later on, the knowledge thus gained brought him work as a telegraph operator, which in

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turn led to his invention of the quadruplex telegraph. Success, however, did not come at once. Sorely reduced in circumstances, he was one day tramping the streets of New York without a cent in his pocket. He wandered more or less aimlessly into the central office of a firm which undertook to supply Stock Exchange quotations to subscribers. The tape machine was ticking away busily, when suddenly there was a loud explosion and the apparatus came to a standstill. There was a great commotion amongst the hundreds of messenger boys who crowded the office, and loud calls for some one who understood the mechanism and could repair the machine. The man in charge seemed completely upset, and Edison stepped quietly up to him and said: "I think I know what's

Some happy talent, and some fortunate opportunity may form the two sides of the ladder on which some men mount, but the rounds of that ladder must be made of stuff to stand wear and tear; and there is no substitute for thoroughgoing, ardent and sincere earnestness.

Charles Dickens.

No accidents are so unlucky but that the prudent may draw some advantage from them.

Roche foucauld.

It is for want of application rather than of means, that men fail of success.

Roche foucauld.

THE GIRL WANTED

There is a tide in
the affairs of
men,
Which, taken at
the flood, leads
on to fortune.
Wm. Shakespeare.

Once to every
man and nation
Comes the mo-
ment to decide,
In the strife of
Truth with
Falsehood,
For the good or
evil side.
J. R. Lowell.

the matter." The trouble was due to an insignificant cause, and in a very short time the young man had repaired the machine. Then came the reward. He was offered a berth as manager of the company at a salary equal to about £60 a month. In his own words: "When I heard what the salary was I almost fainted." It had been his hopeful, cheerful, expectant attitude toward the future that had stimulated him to qualify himself so that when the opportunity offered he was ready with the knowledge and ability that the situation demanded. He was prepared for the coming of

Who seeks and
will not take
when once 'tis
offered,
Shall never find
it more.
Wm. Shakespeare.

OPPORTUNITY

There's a day, there's an hour, a moment of
time

In which Fate makes essay to try you ;

THE VALUE OF SUNSHINE

This one test of your worth and your purpose
sublime,

It will not, it cannot deny you.

'Tis your right to demand such a crisis, else
how

Shall you prove to the world that you're
living;

That you merit the wreath Fortune lays on
the brow

Of the girl who is ready and willing?

How the world is
made for each
of us!

How all we per-
ceive and know
in it

Tends to some
moment's pro-
duct thus,

When a soul de-
clares itself—to
wit,

By its fruit, the
thing it does.

Robt. Browning.

And whene'er Opportunity knocks at her
door

The wise girl's glad greeting is, "Ready!"

She has garnered, of knowledge, an adequate
store,

Her purpose is seasoned and steady.

With soul and with spirit, with hand and
with heart,

And with strength that she never has
vaunted,

She is fashioned and fitted to compass her
part,

In the moment when all will be wanted.

Opportunities
make us known
to ourselves and
others.

Roche foucauld.

The world is a stage, we've a part in the
play,

Though the rôle that is given us in it

Opportunity has
hair in front, be-
hind she is bald;
if you seize her
by the forelock
you may hold her,
but if suffered to
escape, not Jupiter
himself can catch
her again.

From the Latin.

THE GIRL WANTED

These are the
times that try
men's souls.

T. Paine.

May seem quite obscure, yet there may be a
day

When we speak its best lines for a minute.
And the dream that despite of life's trials and
tears,

Like sweet music, the spirit has haunted,
Comes true, and the world gives its smiles
and its cheers

To the girl who is there when she's
wanted.

Nests

Make yourselves nests
of pleasant thoughts.
None of us yet know,
for none of us have been taught in
early youth, what fairy palaces we
may build of beautiful thoughts,
proof against all adversity; bright
fancies, satisfied memories, noble
histories, faithful sayings, treasure-
houses of precious and restful
thoughts, which care cannot dis-
turb, nor pain make gloomy, nor
poverty take away from us: houses
built without hands, for our souls
to live in.

John Ruskin

CHAPTER VI

A MERRY HEART

A merry heart
goes all the
day,
Your sad tires in
a mile-a.
Wm. Shakespeare.

WHO among us can presume to estimate the value of a merry heart? What a perpetual blessing it is to its possessor and to all who must come into close relationship with the owner of it!

There is nothing more pleasantly "catching" than happiness. The happy girl makes everybody around her happier. What the bright, inspiring sunshine adds to the beauty of the fields, a happy disposition adds to the charm of all the incidents and experiences of daily life.

Be yourself, but
make yourself in
everything as de-
lightful as you
can.

*Margaret E.
Sangster.*

A MERRY HEART

Do not you, who are reading these lines, love to associate with a friend possessing a cheerful disposition? Do you not avoid the companionship of those unfortunate people whose looks and words are heavy and complaining; whose eyes fail to see the beauty of nature; whose ears are dull to the music of the universe? If this be so, it follows naturally that as you are impressed by others, so others will be impressed by you.

Nothing is more eloquent than a happy face. It is the Open Sesame to all our hearts. A sunshiny face melts away all opposition, and its possessor finds the word "Welcome" written over every portal, where she whose face wears a hard, unfriendly look sees only the warning, "No Admission."

Happiness is so wholesome . . . it must sweeten us and make us kinder and more gentle.

"Elizabeth and her German Garden."

People of low spirits and disappointed views, who see the discouraging side of human life, contrive to make everything they have to do with uncomfortable.

W. Hazlitt.

He had a face like a benediction.
Cervantes.

THE GIRL WANTED

If solid happiness
we prize

Within our breast
this jewel lies.

N. Cotton.

There are few
truer triumphs or
more delightful
sensations than to
obtain thorough
command of one-
self.

Lord Avebury.

To be happy here
is man's chief
end,

For to be happy
he must needs
be good.

Kirke White.

Many centuries ago that wise and admirable philosopher Epicurus discovered that happiness is not in strength, or wealth, or power ; or in all three. It lies in ourselves, in true freedom, in the conquest of every ignoble fear, in perfect self-government, in a power of contentment and peace under all circumstances, yea, even in poverty, exile, disease and the very valley of the shadow.

There are few things more important than to be capable of happiness in all the varying circumstances of life ; to be calm even amid the angry, menacing, tumultuous waves of life. Those who possess such buoyant, trustful dispositions find it less difficult to extract from disappointment, defeat, and sorrow their appointed lessons of strength and love.

A MERRY HEART

The strongest incentive to the cultivation of a merry heart is the realization that it is a duty as well as a delight. Sydney Smith has very wisely observed that "man-kind is always happier for having been happy; so that if you make them happy now, you may make them happy twenty years hence by the memory of it."

True happiness has about it no suggestion of selfishness. The genuinely happy person would like all the world to be happy. "Is there any happiness in all the world like the happiness of a disposition made happy by the happiness of others?" asks Faber. The luxuries which wealth can buy, the rewards which ambition can obtain, the pleasures derived from the appreciation of art and nature, the abounding sense of health and the exquisite enjoyment

To do something, however small, to make others happier and better is the highest ambition, the most elevating hope which can inspire a human being.

Lord Avebury.

All who joy would win
Must share it—
happiness was
born a twin.

Lord Byron.

My heart has
learned to glow
For others' good,
and melt at
others' woe.

Alexander Pope.

THE GIRL WANTED

Happiness gives
us the energy
which is the basis
of all health.

Amiel.

of mental creations are not to be compared with it.

“Health and happiness” are terms often closely linked in our speech and literature. Perhaps the true relation existing between the two would be more correctly stated were we to reverse the form in which they are usually set forth and say “happiness and health” instead.

I am sure care's
an enemy to life.
Wm. Shakespeare.

Undoubtedly happiness, like cheerfulness, will help us to be healthy, and continued unhappiness will affect health, although it is pleasant to note that the converse is not true, for there have been many who have been afflicted with bad health, as Robert Louis Stevenson, for instance, who have not thereby been rendered unhappy.

One means very
effectual for the
preservation of
health is a quiet
and cheerful mind.
Ray.

It has been said that small annoyances are the seeds of disease. It is our business to maintain a healthy

A MERRY HEART

condition that will make it easy for us to prevent them from germinating. Let us entertain cheerful thoughts, and so cultivate a condition of mind and heart in which there can be no harbouring of resentment and regret, impatience and anxiety.

Whether we are happy or not depends much on our point of view. The disposition to look at everything through kindly eyes helps us to see the good and beautiful in all. Shakespeare says that there is good in everything. This is literally true, but we miss the good very often because we lack the spirit of optimism. If we are gloomy within we see only gloom in our surroundings. Perhaps the two ways of looking at things could not be better set forth than in these clever lines by E. J. Hardy:—

“How dismal you look!” said a

Our content is
our best having.
Wm. Shakespeare.

After all, the
kind of world one
carries about with-
in one's self is the
important thing,
and the world out-
side takes all its
grace, colour, and
value from that.

J. R. Lowell.

Hopefulness

A propensity to
hope and joy is
real riches; one to
fear and sorrow,
real poverty.

David Hume.

THE GIRL WANTED

The noblest
mind the best
contentment has.
Edmund Spenser.

bucket to his companion, as they were going to the well.

"Ah!" replied the other, "I was reflecting on the uselessness of our being filled, for, let us go away never so full, we always come back empty."

The web of our
life is of a mingled
yarn, good and ill
together.
Wm. Shakespeare.

"Dear me! how strange to look at it that way!" said the other bucket. "Now I enjoy the thought that however empty we come, we always go away full. Only look at it in that light and you will always be as cheerful as I am."

~~Hopeless~~ This essential difference between the pessimist and the optimist appears in the following statement of their

POINTS OF VIEW

Good the more
communicated,
more abundant
grows.

John Milton.

Because each rose must have its thorn,

The pessimist Fate's plan opposes ;

The optimist, more gladly born,

Rejoices that the thorns have roses.



S. Robinson, Aged 70.

Sarah Robinson, "the Soldiers' Friend," has throughout her life shown how the power of faith can triumph over every obstacle. Through reading the biographies of Christian heroes of the Peninsular War, and inspired by Florence Nightingale's great example in the Crimea, she conceived the deep conviction that soldiers could and should be "for God, for Queen, and for Country." A spinal complaint with unfortunate complications which caused life-long suffering could not damp her ardent spirit—the lamp of faith shone steadily on. At Mrs. Daniell's Aldershot Home; sometimes in open camp in a gipsy van; and in later years at the Portsmouth Institute, though most of the time in pain and unable to walk, she strenuously sought the moral and spiritual welfare of soldiers. Her social, temperance, and evangelistic work was crowned with abundant success, and her name is revered by soldiers wherever our flag flies. She is universally regarded as a living example of what disabilities can be overcome and great works wrought simply "by faith."

A MERRY HEART

Since our happiness in the long run is dependent upon the part we play in making others happy, it would seem as though we are masters not only of our fates but of our joy and peace. "The universe," says Zimmerman, "pays every man in his own coin; if you smile, it smiles upon you in return; if you frown, you will be frowned at; if you sing, you will be invited into gay company; if you think, you will be entertained by thinkers; if you love the world, and earnestly seek for the good therein, you will be surrounded by loving friends, and nature will pour into your lap the treasures of the earth."

All of this being true, we must be watchful for opportunities for making others happy if we ourselves would get the most and highest enjoyment from life.

Laugh, and the world laughs with you.

Ella Wheeler Wilcox.

We may scatter the seeds of courtesy and kindness around us at so little expense!

Jeremy Bentham.

Opportunity... is the small moment, the exact point, the critical minute, on which every good work so much depends.

Sprat.

THE GIRL WANTED

Apt words have
power to 'suage
The tumours of a
troubled mind ;
And are as balm
to fester'd
wounds.

John Milton.

This could but
have happened
once,
And we missed it,
lost it for ever.
Robt. Browning.

If we avoid
sympathy, and
wrap ourselves
round in a cold
chain-armour of
selfishness, we ex-
clude ourselves
from many of the
greatest and purest
joys of life.

Lord Avebury.

There is the opportunity to say
a pleasant word to those within
sound of your voice.

The Greeks attributed wings to
words, and truly the influence of a
loving word may go far to comfort
and uplift the jaded and weary.
"Many a word, at random spoken,
may soothe or wound a heart
that's broken." You may not know
when the "due season" for the word
of cheer has arrived, but cultivate
the habit of sending it forth, and do
not doubt that it shall sometimes
find its mark. "O! many a shaft,
at random sent, finds mark the archer
little meant!" And not only will the
pleasant word cause the spring to
bubble forth in thirsty souls, it will
water your own path so that the way
will be elastic to your tread and
fragrant with the delicious scent of
flowers.

A MERRY HEART

There is the opportunity to smile. Take it whenever and wherever it offers. There are many who treasure among their dearest memories the thought of a smile and the pressure of a kind hand long cold and still.

If a man be gracious and courteous to strangers, it shows he is a citizen of the world, and that his heart is no island cut off from other lands, but a continent that joins to them.

Francis Bacon.

There is the opportunity to show a good example. This will keep you busy, for it is always at hand. The force of good example is one of the most potent agencies for good, and it is twice blessed: it blesses her who exerts it and those who witness it.

If we separate ourselves so much from the interests of those around us that we do not sympathize with them in their suffering, we shut ourselves out from sharing their happiness and lose far more than we gain.

Lord Avebury.

The encouraging word and the loving smile may bring the sun shining through the cloud, but a good example is a trumpet-call to victory, making strong the waverer and nerving to fresh effort brothers and sisters who have all but lost heart in the battle.

A solitary blessing few can find;
Our joys with those we love
are intertwined.
Hannah More.

THE GIRL WANTED

We are meant to be happy, and to accept all the happiness offered with thankfulness. "*Elizabeth and her German Garden.*"

Reflect upon your present blessings — of which every man has many — not on your past misfortunes, of which all men have some.
Charles Dickens.

Yea, it becomes a man
To cherish memory, where he had delight.
For kindness is the natural birth of kindness.
Whose soul records not the great debt of joy,
Is stamped forever an ignoble man.
Sophocles.

So one of your chief aims should be so to live that others may participate in the happiness you hope to find. Let us carefully study our surroundings to see if happiness is not hiding all about us. "Very few things," says Lecky, "contribute so much to the happiness of life as a constant realization of the blessings we enjoy. The difference between a naturally contented nature and a naturally discontented one is one of the marked differences of innate temperament, but we can do much to cultivate that habit of dwelling on the benefits of our lot which converts acquiescence into a more positive enjoyment."

Nothing can do more to add to our happiness of mind than to cultivate the gracious habit of being grateful for joys that come to us and to seek to appreciate the worth

A MERRY HEART

of the beneficent gifts that are ever being showered upon us. We are so apt to fall into the habit of accepting blessings as a matter of course. How many of us, for example, have thoughtfully dwelt upon our dependence upon the air that envelops us? In order that we may have a truer appreciation of its fine qualities and purposes, let us read these words by Lord Avebury:—

“Fresh air, how wonderful it is! It permeates all our body, it bathes the skin in a medium so delicate that we are not conscious of its presence, and yet so strong that it wafts the odours of flowers and fruit into our rooms, carries our ships over the seas, the purity of sea and mountain into the heart of our cities. It is the vehicle of sound, it brings to us the voices

We are none of us ever thankful enough, and yet we each get so much, so very much, more than we deserve.
“*Elizabeth and her German Garden.*”

Let not the blessings we receive daily from God make us not to value or not praise Him because they be common.

Isaac Walton.

A man's best things are nearest him,
Lie close about his feet.

R. M. Milnes.

THE GIRL WANTED

If we had set our fancy to picture a Creator occupied solely in devising delight for children whom He loved, we could not conceive a single element of bliss which is not here.—*Gregg.*

These simple gifts, and others equally trivial, bread and wine, fruit and milk, might regain that poetic, and, as it were, moral significance which surely belongs to all the means of our daily life, could we break through the veil of our familiarity.

Walter Pater.

Turn your eyes to those quiet boughs, and when you hear the birds sing from them, and see the sunshine come aslant from crag and housetop to be the playfellow of their leaves, learn the lesson that nature teaches you, and strive through darkness to the light.

E. B. Lytton.

of those we love and the sweet music of nature; it is the great reservoir of the rain which waters the earth; it softens the heat of day and the cold of night, covers us overhead with a glorious arch of blue, and lights up the morning and evening skies with fire. It is so exquisitely soft and pure, so gentle and yet so useful, that no wonder Ariel is the most delicate, lovable, and fascinating of all Nature Spirits."

It is only when we turn thoughtful, earnest eyes upon the wonders about us that we see how much there is to contribute to our happiness if we will but open our hearts and let it come in.

Let us cultivate the habit of looking for the beauty which is in all around us, and of appreciating that Providence which has been so mind-

A MERRY HEART

ful of our needs. So shall our hearts be merry all the way.

If you are acquainted with Happiness, introduce him to your neighbour.

Phillips Brooks.

Life seems bright to us when we are really glad of anything and when we let gladness have voice to express itself. George MacDonald says, "A poet is a man who is glad of something and tries to make other people glad of it, too." In the possession of this kindly spirit, at least, we must all strive to be poets.

Most wasted of all days is that on which one has not laughed.

Chamfort.

Emerson tells us that there is one topic positively forbidden to all well-bred mortals, namely, their distempers.

On the other hand, a bright, happy face smiling across the breakfast table gives to plain bread and butter a flavour which is absent from the most sayoury dishes eaten in the shadow cast by a gloomy countenance.

They thought they must have died, they were so bad;

Their peevish hearers almost wish they had.

W. Cowper.

THE GIRL WANTED

By indulging this fretful temper you alienate those on whose affection much of your comfort depends.

Blair.

Some one has said that the first hour of the day is the critical one. Happy is the person who can wake with a song, or who can at least hold back the fears and the grumbles until a thought of gladness has established itself as the keynote of the day.

Our whole being, tranquillized by the calm of sleep, is in the morning nearer heaven.—*Amiel.*

Misery is voluble, and little discomforts will turn us into their continual mouthpieces if we will give them a chance. No doubt it is a most difficult thing to refrain from complaining when we are suffering, and it is even more difficult to look cheerful at such times. We must not expect too much from human nature, nor indulge in counsels of perfection. Nevertheless, we have a duty to others as well as to our higher selves, and if only in consideration for those who love us we should strive to be brave.

An ounce of mirth is worth a pound of sorrow.
R. Baxter.

A MERRY HEART

And when the time of test comes, think of Stevenson's robust faith, and remember that he wrote as one to whom suffering was a lifelong companion: "I see a universe, a solemn, a terrible, but a very joyous and noble universe, where suffering is not at least wantonly inflicted, though it falls with dispassionate partiality, but where it may be and generally is nobly borne; where, above all, any brave man may make out a life which shall be happy for himself, and, by so being, beneficent to those about him."

Happiness is largely a habit. "As he thinketh in his heart, so is he." If he thinks trouble, he is very likely to find it. If he thinks sickness, he is likely to be ill.

The thought is the architect's plan, and this should inspire the hands as they build.

'Tis one thing to
be tempted,
Another thing to
fall.

Wm. Shakespeare.

There is only
one way to get
ready for immor-
tality, and that is
to love this life
and live it as
bravely and cheer-
fully and faithfully
as we can.

Henry Van Dyke.

High erected
thoughts seated in
a heart of courtesy.
Sir Philip Sidney.

THE GIRL WANTED

Remember on every occasion which leads thee to vexation to apply this principle, that this is not a misfortune, but that to bear it nobly is good fortune.

Marcus Aurelius.

There is something in my friend Croaker's conversation that entirely depresses me. I shall scarce recover my spirits these three days.

O. Goldsmith.

It is a happy world after all. The air, the earth, the water, teem with delighted existence.

Dr. Paley.

Is it not fit and proper that we should have little patience with the man or woman who cannot bear with quiet dignity the ills of life? We shall generally find that the complaining voice comes from those who look away from the bright side of life. Think of the countless and priceless blessings which daily attend us and surround us. The marvellous provision for our every need, the golden opportunities to awaken love in those around us. When the sun rises no more in the east, when seed-time and harvest fail, when the song of birds is stilled, when hope and faith and love are no more with us, then will be the time for men and women to have patience with the complaining.

Therefore let it be determined between us, here and now, that come what may, we will each of us



The name of Elizabeth Fry is associated with all that is noblest in Christian womanhood. She was a member of the Society of Friends, but before she became a Quakeress she had developed an interest in philanthropy. Throughout her life her energies were consecrated to the cause of those who could not help themselves, but her memory is recalled most frequently by her connexion with prison reform. The state of female prisoners early in the nineteenth century was almost indescribably wretched; in their awful surroundings they soon lost self-respect and every attribute of humanity. Elizabeth Fry made it her mission to carry hope and comfort to these poor creatures. She ventured among them alone, and after a time her ministrations attracted the notice of Parliament, and she was the means of bringing about beneficent changes in prison laws. The fame of her enlightened labours for the wretched of every class spread to other lands, and she was invited to many of the Courts of Europe. Thus, from her womanly devotion sprang consequences which have blessed civilized humanity.

A MERRY HEART

endeavour to keep a merry heart and a pleasant face. As we love to see a happy expression on the faces of our parents, brothers, sisters, and friends, so must they enjoy seeing a pleasant look overspreading our features. And with this good and kindly resolve in our minds it will never be difficult for us to decide whether we shall give to the good world about us the gladness or the gloom that is embodied in

Our work in life is to set free from manifold encumbrances that which is present about us, good and true and lovely.

Bishop Westcott.

In the lives or the saddest of us there are bright days when we feel as if we could take the great world in our arms.

Faber.

SONG OR SIGH

If you were a bird and shut in a cage,

Now what would you rather do,—

Would you grieve your throat with a sorry
note

And mourn the whole day through ;

Or would you choose to chirp and sing,

Though your life were touched with wrong,
Till you filled one place with the perfect
grace

And gladness of your song?

Be still, sad heart,
and cease re-
pining.

Behind the clouds
is the sun still
shining.

H. W. Longfellow.

THE GIRL WANTED

The joy you
kindle in the
heart of another
cannot fail of
shedding back its
brightness on your
own.

Archdeacon Hare.

Now you are a girl and free in the world,

So what should you choose to do,—

On a gloomy day, when skies are grey,

Should you be gloomy, too?

When faced with care should you let despair

Your happiness destroy,

Or with a smile press on the while

You filled life's path with joy?

Taking up the Cross

What does taking up one's cross mean?

My dear, it means simply that you are to go the road which you see to be the straight one: carrying whatever you find is given you to carry, as well and stoutly as you can; without making faces or calling people to come and look at you. Above all, you are neither to load, nor unload, yourself; nor cut your cross to your own liking. Some people think it would be better for them to have it large: and many, that they could carry it much faster if it were small; and even those who like it largest are usually very particular about its being ornamental, and made of the best ebony. But all that you have really to do is to keep your back as straight as you can; and not think about what is upon it—above all, not to boast of what is upon it.

John Ruskin

CHAPTER VII

GOLDEN HABITS

Habit is the
deepest law of
human nature.

Thos. Carlyle.

WE often hear persons speaking of "the force of habit" as though it were something to be regretted. "Habit is second nature" is a saying that has become a classic. That habits do become very strong all the world has learned, sometimes to its sorrow and sometimes to its advantage and delight.

For, with joy be it said, good habits are just as strong as bad habits.

Character has
been not improp-
erly called a
bundle of habits.

Sir J. Fitch.

The fact that fixed habit is the resultant of a long course of doing things in a right way or in a wrong

GOLDEN HABITS

way ought to encourage us to be optimistic. Wrongdoing, when we are young, is such an act of violence to our better nature that the revolt of conscience which follows so soon as there comes time to reflect must show us that we are treading a dangerous path; it should cause us to brace up our moral nature and determine that the wrong shall not be done again.

In doing right things, the conditions are reversed. The good deed inspires us to repeat it. Wrong deeds in youth are, in most cases, committed in moments of weakness when the higher and better self is momentarily off guard. Our good acts are performed with the full concurrence of all that is best in us and are followed by a grateful sense of retrospective pleasure, after they have been done.

As the snow gathers together, so are our habits formed.

R. Bentham.

A sinful habit differs from a sinful act but as many differ from one, or as a year from an hour.

Bishop Taylor.

It seems to me there is no maxim for a noble life like this: count always your highest moments your truest moments.

Phillips Brooks.

THE GIRL WANTED

Trifles make the
sum of human
things.

Hannah More.

"Could the young," says Henry James, "but realize how soon they will become mere walking bundles of habits; they would give more heed to their conduct while in the plastic state."

Habits gather
by unseen degrees,
as brooks make
rivers, rivers run
to seas.

Dryden.

It is said in one of those trite observations that crystallize great truths that man is the creature of habit. If we will look around us we shall discover that habit is one of the great forces of nature. Have you ever looked closely at a section cut from the trunk of a small tree? If so, you will have observed that it is composed of a number of rings. These represent the additions which the tree has made to its growth year by year. But look closer. The rings are made up of an immense quantity of tiny fibres, and you will see that the tree is a closely compacted collection of these, in a sense,

Life is a great
bundle of little
things.

O. W. Holmes.

GOLDEN HABITS

insignificant threads. If you could separate one you would find it to be frail indeed; it is merely the contribution of a single leaf to the common stock. But in the aggregate the fibres are so strong that a great tree will endure without dismay the buffeting of centuries of storms. And their strength is not only shown in the great oak which stands so proudly "four square to all the winds that blow." Sometimes a tree is known while still young and slender to split a great stone slab with the rending force of a charge of dynamite, as it forces its way to light and air.

We may regard the tree as the creature of its fibres. It has grown in this direction or in that because of tendencies begun and developed when its bulk was still plastic. Nothing can alter the form of the

Habit is a cable;
we weave a thread
of it every day
and at last we
cannot break it.

Horace Mann.

Sow an act and
you reap a
habit;

Sow a habit and
you reap a char-
acter;

Sow a character
and you reap a
destiny.

Boardman.

'Tis education
forms the com-
mon mind:

Just as the twig is
bent the tree's
inclined.

Alexander Pope.

THE GIRL WANTED

Habit is an internal principle which leads us to do easily, naturally, and with growing certainty what we do often.

Webster.

Habit is habit, and not to be flung out of the window by any man, but coaxed downstairs a step at a time.

Mark Twain.

Use thy youth so that thou mayest have comfort to remember it when it hath forsaken thee.

W. Raleigh.

gnarled old oak, but the smallest thing may divert the sapling; and thus we see that insignificant though each fibre seems, it has its important part to play. A single fibre cannot divert the direction of the sapling's growth, but it may, as it were, set a fashion. Where one flows others follow, until little by little the tiny threads have formed a cord which has power to determine the final shape and form of the tree.

Let us now turn up in our dictionary the word "habit." In the sense in which it is here employed the dictionary defines it as being "a tendency or inclination toward an action or condition, which by repetition has become easy, spontaneous, or even unconscious."

This is almost a short definition of the laws involved in the growth of a tree, and we see what a close

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analogy exists between the tree and ourselves. You may not feel that the actions which you perform in the routine of your young life are going to determine your future, and it is of the first moment that you should realize that in the seemingly insignificant actions of to-day you are making the channel through which your life will flow to the end. If you will think upon this truth you will surely determine to watch closely all that you are inclined to do and to think, since it is *now* that habits are beginning, unconsciously to yourself, perhaps, to enter into their future habitation. Above all, do not despise the slender threads because in your young vigour they may be snapped so easily. They are entering into your growth and are becoming interwoven with your personality. Presently they will harden

The chains of habit are generally too small to be felt until they are too strong to be broken.

Dr. Johnson.

We first make our habits, then our habits make us.—*Dryden.*

Of little threads
our life is spun,
And he spins ill
who misses one.
Matthew Arnold.

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There are a number of little and scarce discerned virtues, or rather faculties and customs, that make men fortunate.

Francis Bacon.

No one is free who is not master of himself.

Wm. Shakespeare.

The perfecting of one's self is the fundamental base of all progress and all moral development.

Confucius.

and toughen and they will have dominion over you. You shall develop this way or that as they shall decree. Yes, "man is the creature of habit," but he has power to choose the habits that are, later on, to control and dominate him. It is disgraceful to be the creature of that of which we must be ashamed. We are slaves if we continue to do that which our higher selves tell us we ought not to do, but it is not slavery to do those things which we know to be fitting and good. Habit is then our better self, its dictates are the utterances of our own souls, and we move along the pleasant line of least resistance to a goal which is worthy.

It will be clear from the foregoing that it is important to cultivate good habits. If they can be so helpful later on, we ought to encourage them now as far as we can. The idea of

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cultivation involves preparation of the soil, watching, tending, clearing away weeds. Similar processes are necessary in ourselves if the good habits are to flourish. Depend upon it, the bad ones will struggle for a place. Some will be hardly distinguishable from the good, and they will attain to some growth ere we recognize their character. But we will be faithful, and in the end the gardens of our souls shall be fair and sweet, and the fragrance therefrom shall bless some who draw near.

In the formation of good habits we may be aided by our environment, and our characters are constantly influenced by the mysterious power of suggestion from other minds and personalities. It is therefore important that we should associate with those whose conduct and ideals are worthy.

There is no excellence without difficulty.—*Ovid.*

To thine own self be true.
Wm. Shakespeare.

Every great man is always being helped by everybody, for his gift is to get good out of all things and all persons.
John Ruskin.

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Do you ask to be the companion of nobles? Make yourself noble, and you shall be. Do you long for the conversation of the wise? Learn to understand it, and you shall hear it.—*John Ruskin.*

Girls,
Knowledge is now
no more a fountain
seal'd.
Alfred Tennyson.

In the best books great men talk to us, give us their most precious thoughts, and pour their souls into ours. God be thanked for books! They are the voices of the distant and the dead, and make us heirs of the spiritual life of past ages.
W. E. Channing.

Equally important is it that we should select good books for our reading. A "good book" does not necessarily mean any particular type of book. It means, however, one which reproduces the atmosphere of health, courage, kindliness, sympathy, love, and which holds up to admiration those virtues which it is desirable that we should emulate.

Such a book, whether it be a story, as *David Copperfield*, or a poem, as *Idylls of the King*, or an essay, as *Sesame and Lilies*, or a biography, as Helen Keller's *Story of My Life*, should inspire "the love of love, the hate of hate," the desire to reach out after that which is pure and noble. In other words, if it is a good book it will strengthen our ideals and give definite shape to aspirations of

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which we have heretofore been only dimly conscious.

How use doth breed a habit in a man.

Wm. Shakespeare.

In speaking of the success he had achieved in life, Charles Dickens said: "I have been very fortunate in worldly matters; many men have worked much harder and not succeeded half so well; but I never could have done what I have done without the habits of punctuality, order, and diligence."

Choose always the way that seems the best, however rough it may be. Custom will render it easy and agreeable.

Pythagoras.

Some have found it helpful to select a number of suitable quotations and display them in some manner where the eye must see them with frequency. A calendar with a daily quotation admirably serves this purpose. A good thought read in the early morning may direct our course throughout the day.

Morality is conformity to the highest standard of right and virtuous action, with the best intention founded on principle.

A. E. Winslip.

Habit makes us what we are; manners show what we are. Others are affected by our bearing and

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Noble manners
... the flower
and native growth
of noble mind.
Lord Tennyson.

deportment. If we are proud and scornful we wound hearts that need sympathy ; if we are thoughtless and unkind we give pain to those who have a right to expect comfort from us ; if we are fretful or complaining we distress those who love us. But it will not be others only that suffer. We shall miss the love and affection from others that those receive whose manners are frank and pleasant and agreeable.

A good manner
springs from a
good heart, and
fine manners are
the outcome of
unselfish kindness.

*Margaret E.
Sangster.*

Our highest and most worthy motive in cultivating good manners should be to make ourselves better than we are, to render ourselves more agreeable to others in order that we may play a fitting part in the society in which we move. It is as necessary to cultivate our manners as to improve our minds.

Manners must
adorn knowledge.
Lord Chesterfield.

It is an old saying, and a homely one, but none the less true, that "it



Mrs. Harriet Beecher Stowe is known to the world as the author of "Uncle Tom's Cabin." Few books have wielded so immense an influence upon current thought; the public conscience, already sensitive to the iniquity of the slave traffic, was roused to a deep sense of responsibility, and the resolve of the North to abolish slavery was due in a large measure to the passionate appeal to its better instincts which Mrs. Harriet Beecher Stowe made in her book. She had the joy of witnessing the gathering and progress of the great wave of popular feeling which ten years later broke with overwhelming force upon those States which stood out for the right to buy and sell slaves like cattle. Justice and mercy triumphed, as it always must in the end, and the memory of Mrs. Harriet Beecher Stowe will for ever be honoured for the great part which she played in the glorious struggle to bring liberty to the helpless and friendless American slave.

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is hard to teach an old dog new tricks." So it is hard to acquire in later life the manners and graces that we omit to acquire in youth.

The whole essence of true gentle breeding lies in the wish and the art to be agreeable.

O. W. Holmes.

Fortunate is the young girl whose lot is cast among the good influences of a cultured home. She must necessarily imbibe, with the air she breathes, the gracious tendencies towards courtesy which will help her to exhibit in her deportment the character which will attract kindness and affection from her equals, and a ready and eager service from her social inferiors.

It is not difficult in a well-ordered home to learn courtesy, kindness, the sanctity and the happiness of self-sacrifice, because those virtues have to be exercised towards those whom we know and love.

Sir J. Fitch.

Finally, there is a virtue called "tact" which is of much importance to every girl. Tactfulness cannot be assumed, it is not to be put on and taken off like a pair of gloves; it must come naturally from a sincere feeling of consideration for others, and it expresses a girl's character as

The great duty of life is not to give pain.
Frederika Bremer.

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Better is it to have a small portion of good sense, with humility and a slender understanding, than great treasures of science, with vain self-complacency.

Thomas à Kempis.

Nothing can constitute good breeding that has not good manners for its foundation.

Bulwer Lytton.

few things can. In the home circle the girl who has tact is a constant spirit of conciliation, bringing all things into harmony. Strife soon flees from her presence, and her every movement is attended with peace. Those who are given authority find tact of inestimable value, and tactful mistresses make happy servants. In her business life the gracious manners of the tactful girl often gain success where girls who are gifted with superior mental powers do not win recognition.

The word "ladylike" sums up the virtues of gentleness, tactfulness, and refinement of feeling which are expressed in the good manners expected from every girl.

A Trumpet Call

Letting go the unworthy things that meet us, pretence, worry, discontent, and self-seeking,—and taking loyal hold of time, work, present happiness, love, duty, friendship, sorrow, and faith, let us so live in all true womanliness as to be an inspiration, strength, and blessing to those whose lives are touched by ours !

Anna Robertson Brown

CHAPTER VIII

THE CHAIN OF DUTY

The last pleasure in life is the sense of discharging our duty.

Haslitt.

THE word "duty" has often a harsh and forbidding sound to young ears; "Stern daughter of the voice of God," Wordsworth named it. It suggests self-denial and the choice of things which we would not naturally select. We all like to do that which gives us pleasure, and at first pleasure seems to be associated with things which have little relation to duty. We learn that duty brings greater pleasure and happiness than self-indulgence, only by doing our duty. Carlyle says that "the situation that has not its duty was never yet

Duty—the command of Heaven, the eldest voice of God.

Charles Kingsley.

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occupied by man." If this is true, it is very necessary that we should become familiar with duty, that duty and we should be close and intimate companions. We ought to be very thankful that Providence has ordained so excellent a guide, for what a load of responsibility is thereby lifted from off our shoulders!

Life always
takes on the cha-
racter of its motive.
J. G. Holland.

The voice of duty is clear and certain only to ears that are ready to listen; the faculty of hearing will become dulled if we do not attend.

Thou hast a
witness in thy con-
science; and thy
conscience is God
speaking to thee.
Amiel.

It is one of the fixed laws of life that things which are not used gradually weaken and die. Let us, then, determine to pay heed to the voice, that we may bear ourselves fitly in the situations where we find ourselves placed day by day.

What ought we to do to-day? Perhaps some of you, my young readers, are nearing the end of your

To-day is ours.
Cowley.

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There is a time
when toil must
be preferr'd,
Or joy, by mis-
timed fondness,
is undone.

Young.

Our duty is to be
useful, not accord-
ing to our desires
but according to
our powers.

Amiel.

They do well,
or do their duty,
who with alacrity
do what they
ought.

La Bruyère.

school-days and you have to work hard to do the many difficult tasks which are given to girls in the upper classes. Home-work especially is, irksome when there are opportunities for social pleasures or for recreation in the open air, and you are often tempted to shut up your books before you have mastered the problem. Many times you have stuck to your task when it was hard to resist the inclination to stop. It was a sense of duty to which you gave heed, and you will always find this to be one of the strongest forces. It never fails to help us when our inclinations tend to draw us away from that which we ought to do. We ought to cultivate it, therefore, since it will never be so easy as it is now to form the habit of listening to the voice of duty.

Perhaps ambition is painting a

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glowing picture of a career in which you are to shine one of these days. It may be that, for some, school or college days are just ending, and you dream of a path which will lead to Parnassus, whereon academic distinction is to be gained. By comparison the ordinary everyday ties seem insignificant, and you may feel that they ought not to restrain you. It may be right to devote yourself to such a career, but on the other hand, that attractive path may not be the way of duty. In this case be sure that you will hear uncomfortable suggestions from within. Have you those at home who need your young energies as a support for declining days? If so, duty may require that you should decide upon home as your sphere of action. This need not debar you from further study or prevent the

Our grand business undoubtedly is not to see what lies dimly at a distance, but to *do* what lies clearly at hand.

Thos. Carlyle.

Patient waiting is often the highest way of doing God's will.

Collier.

All I could never be,
All, men ignored in me,
This, I was worth to God, whose wheel the pitcher shaped.

Robt. Browning.

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There is but one
happiness—that
is duty.

There is but one
consolation—
that is work.

Carmen Sylva.

approach of opportunities for the exercise of your special talents. The path of duty is ever the way to glory, while the path of ambition is strewn with the wreckage of human failure.

Duty is ours;
results are God's.
Cuyler.

True, it may not be easy at this moment to discern great opportunities in the humble home circle with the allurements of larger spheres in your minds. Comparison may make the former shrink into insignificance, but only if you look on the surface. When we have gained experience of the realities of life, we know that success and happiness are not to be gained if we do not follow the path of duty. We know also that opportunity is not confined to any particular place; it enters the quiet home as naturally as it frequents the busy outer world, and in both places it is rarely to be recognized by its appearance. Not

Never mind if
you cannot do all
things just as well
as you would like
to. It is only
necessary to do
things just as well
as you can.

Patrick Flynn.

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the place but the willing and capable soul attracts opportunity.

Be sure they
sleep not whom
God needs.
Robt. Browning.

Anna Robertson Brown, in her wise and inspiring book *What is Worth While?* has written:

"Shall we miss all the divine sweetness of life in order to have a career? Let us consider life at all points before we rush into a new phase of it, from which, once in, we may not soon withdraw.

He who is false
to present duty
breaks a thread in
the loom, and will
find the flaw when
he may have for-
gotten the cause.

*Henry Ward
Beecher.*

"This is the great danger, and a grave one it is, that is apt, at some time or other, to confront us all,—the danger of substituting some intellectual ambition for the ordinary human affections. I do not know how to speak strongly enough on this subject, and yet gently enough. It is on my heart night and day, as I consider our common problem. Ambition is, in many ways, the most deadly foe we have,—the most

The real use of
all knowledge is
this: that we
should dedicate
the reason which
was given us by
God to the use
and advantage of
man.

Francis Bacon.

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Through the wide
world he only
is alone
Who lives not for
another.

Rogers.

We should consider well for what purpose we are keeping back our strength, if we refuse to put the whole of it into our work.

Mary Cholmondeley.

Faithful performance of small duties is the only preparation for grand services.

Baldwin Brown.

deadly foe to our character, I mean.

Little by little that intellectual

ambition will draw us away, if we

are not careful, from our true place

in life, and will make cold, unloved,

and unhelpful women of us, instead

of the joyous, affectionate, and

unselfish women we might have

been. We need not try to anni-

hilate ambition, but let us keep it

in bounds; let us see to it that it

holds a just proportion in our lives.

We need not let our talents lie idle,

or neglect to make the most of

them—there is a place and a grand

work for them all; but let us keep

their development for ever subordinate

to simple human duties, usually

at home. Very few lives are free—

free to go and come, travel, read,

study, write, think, paint, sing, at

will. In the lives of most women

these gifts are an aside in life, as it

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were, an underbreath. Most of us are beset with loving calls to toil, care, responsibility, and quiet duties, which we must recognize, heed, obey."

To some favoured people the voice of duty does not come to bring uncomfortable questioning and disquiet of heart. They are happy who can walk naturally and placidly upon the path. Many have pursued the same way although they have had to fight hard with themselves, and these have found their reward. Yet others, called to more difficult heights, have striven with anguish of heart to be faithful to the dictates of that inner voice. Sometimes, it is true, they have fainted by the way, but with strength renewed they have rejoined the battle-line, and the world honours them for their constancy.

The great Russian author and

Never to tire,
never to grow
cold; to be pa-
tient, sympathetic,
tender; to look
for the budding
flower and the
opening heart; to
hope always; like
God, to live al-
ways—this is duty.

Amiel.

She is happy
whose circum-
stances suit her
temper; but she
is more excellent
who can suit her
temper to any cir-
cumstances.

Hume.

Be our joys three
parts pain!
Strive and hold
cheap the strain;
Learn, nor account
the pang; dare,
never grudge
the throe!

Robt. Browning.

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Thy nature which,
through fire and
flood,
To place or gain
finds out its way,
Hath power to
seek the highest
good,
And duty's holiest
call obey.
J. G. Whittier.

That life is the
highest which is a
conscious voluntary
sacrifice.
George Eliot.

Hath the spirit of
all beauty
Kissed you in the
path of duty?
*Anna Katharine
Green.*

reformer, Count Tolstoy, may be mentioned as a type of such great souls. The voice of duty called upon him to live hardly and humbly. the ordinary life of a Russian peasant that he might closely associate himself with the oppressed serfs to whose cause he had determined to devote his life. It nearly broke his heart to resist the pleadings of his family, and it was not until the end of a long life that he abandoned finally the small remaining comforts which the love of his wife and children had made it so difficult to renounce. To him duty was indeed "a stern daughter of the voice of God"; but we cannot doubt that he found, as Tennyson so eloquently expresses it, "the toppling crags of duty scaled are close upon the shining table-lands to which our God Himself is moon and sun."



Margaret Noble, or "Sister Nivedita" (the Consecrated), is known in England as the author of some delightful books about the East. She was Irish by birth, but some sixteen years ago she went to India and became intimately absorbed in the ideals of Hinduism. She moved amongst the people as a mother in Israel, nursing them in times of famine and plague, and caring for their spiritual needs. In particular she devoted herself wholeheartedly to the education and emancipation of Indian women. In the movement for national regeneration she was a recognized guide and inspirer, and Young India holds no foreign name in greater honour. She died suddenly at the end of 1911, in the midst of her labours, and one of the native tributes to her unselfish exertions ended: "For her ungrudging task our grateful tribute is due, and to her noble soul our prayer and good words."

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The world has need of girls who are determined to do their duty wherever they may be placed. It is sad to see young people cool and fall away because they miss the glamour which their imagination had cast around tasks undertaken in moments of enthusiasm. When the hand has been placed upon the plough it should not be lightly withdrawn. Your first impulse for service was unselfish, but what is to be said of the desire to withdraw? Things may be wrong, but may it not be your duty to attempt to improve them? If circumstances have led you into any situation, depend upon it, you can only fail in your duty there at your peril. Stick to your post until you are quite sure that it is the voice of duty that calls you away.

For some the problems of life are

Every human being is intended to have a character of his own, to be what no other is, to do what no other can.

Channing.

O what a glory
doth this world
put on
For him who, with
a fervent heart,
goes forth
Under the bright
and glorious sky,
and looks
On duties well
performed, and
days well spent!
For him the wind,
ay, and the yellow
leaves,
Shall have a voice
and give him
eloquent teachings.

H. W. Longfellow.

It costs more to neglect our duties than to accomplish them.

Anna Dickinson.

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Every duty which is bidden to wait returns with seven fresh duties at its back.

Charles Kingsley.

We cannot get more out of human life than we put into it.

J. G. Holland.

The sense of duty pursues us ever.

Joseph Cook.

encountered in the office or workshop. Perhaps we have engaged ourselves to serve for wages, and the work or the hours are irksome. Our duty is to be thorough, to give ourselves willingly and cheerfully to that which we have undertaken. To work with an eye on the clock is not fulfilling our duty, neither is it the way to command success. Most of the failures of life are due to the grudging spirit, and we should try to make our work the most interesting thing of our lives. An artist wrote to the author recently: "I have my work always in mind; without it things seem very tasteless or meaningless to me." Is it not mean to take wages which we agreed to accept upon the understanding that we would do our best, and to fail to carry out our part of the bargain?

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Young people who complain that there is no prospect for them in the place where they happen to be are usually wrong, as their elders who have passed over the same stage can testify. The world needs earnest, faithful, duty-loving souls, and so great is its need it cannot afford to overlook any. You may think that your honest endeavours to do your duty are not being noticed, but depend upon it, you will live to find that you are mistaken. Some day you will be chosen to undertake larger responsibility, and although some of your associates who have not been willing to give their whole hearts to their work will tell you that you are "lucky," you will know that your advancement is due not to chance, but to the efficiency in your business which came from the interest that followed your deter-

Let him that would move the world first move himself.

Socrates.

Our character is but the stamp on our souls of the free choice of good or evil we have made through life.

*Cunningham
Geikie.*

Strive, endeavour,
it profits more
To fight and fail,
than on Time's
dull shore
To sit an idler
ever :
For to him that
bares his arm to
the strife,
Firm at his post
in the battle of
life,
The victory faileth
—never.

Anon.

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Be what you
were meant to be.

A. B. Alcott.

mination to labour with all your might in face of whatever apparent discouragement it was your lot to meet.

You cannot
dream yourself
into a character;
you must hammer
and forge yourself
into one.

J. A. Froude.

Whether you are still at school, or are about to leave school or college, or are in an office, or are helping in the home, the aspect of your problems must continually bring to you thoughts of duty. There is not much romance in the subject. It is one of the everyday considerations which are continually testing us, and necessarily, for the character that is not built up upon acceptance of the claims of duty will have a poor chance in the battle of life.

There is no evil
that we cannot
either face or fly
from, but the con-
sciousness of duty
disregarded.

Daniel Webster.

Choose the path of duty early. It is not possible to say what you should do in the various circumstances that will arise as you journey on the road of life. Every problem

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is affected by a number of considerations which should influence decision in each particular case. Others,

- perhaps, will not be able to help you, and you yourself may often find it hard to decide. Remember that the girl who gets into the habit of preferring duty will be better able to distinguish its voice in times of special difficulty than she who has been careless.

We saw that there is not much romance in duty. It brings, however, a satisfaction deeper than anything else can give.

To repel one's cross is to make it heavier.

Aniel.

We are haunted by an ideal life, and it is because we have within us the beginning and the possibility of it.

Phillips Brooks.

"A brave endeavour

To do thy duty, whate'er its worth, is better
than life with love for ever,
And love is the sweetest thing on earth,"

wrote a poet. It was the thought that he had done his duty that

In all situations wherein a living man has stood or can stand, there is actually a prize of quite infinite value placed within his reach, — namely, a Duty for him to do.

Thos. Carlyle.

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Out of life's duty
shall blossom in
beauty
A grace and a
glory to gladden
the way.

Anon.

comforted the great Nelson as he lay dying. "Thank God, I have done my duty!" were his last words.

"The longer on this earth we live," wrote Lowell, "the more we feel the beauty of plain devotedness to duty." Poets have written much that is inspiring about duty, but the lives of noble men and women who have trodden the path and left a shining track that all may see are more eloquent than the best poetry. Stevenson's prayer, "Help me to play the man," is a trumpet-call to all our hearts. Let us, like him, seek for strength so to live that we shall never be reproached with having shirked a duty.

The end shall
crown the work,
Work on, then, to
the end;
Tho' oft the way
is dark,
And clouds portend.
The work is ours
to do;
Enough for our
faint sight;
The end God
knows. Press
on,
The crown — is
light!

Boroker.

We began with a line from Wordsworth's *Ode to Duty*; we cannot do better than conclude this

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chapter with a stanza from the same beautiful poem:—

The present
moment flies,
And bears our
life away;
Oh! make Thy
servants truly
wise,
That they may
live to-day.
Doddridge.

“Stern Lawgiver! yet thou dost wear
The Godhead's most benignant grace;
Nor know we anything so fair
As is the smile upon thy face;
Flowers laugh before thee on their beds
And fragrance in thy footing treads;
Thou dost preserve the stars from wrong;
And the most ancient heavens, through thee,
are fresh and strong.”

CHAPTER IX

THE PURPOSE OF LIFE

Our business in life is not to get ahead of other people but to get ahead of ourselves.

*Malthus D.
Babcock.*

“THE Girl Wanted” naturally desires success. It is the crown of endeavour, and she ought to press forward to a definite goal. The life which is without aim cannot be successful. There is in our environment all the means necessary to the accomplishment of that which we will to do, but we must stretch out our hands for what we require, and we must know what we want. Attainment is not to be achieved through an aimless flight from flower to flower; the world makes way for those who are determined, and we are to think

Nothing is achieved before it be thoroughly attempted.

Sir P. Sidney.

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upon our aims and decide what it is worth while for us to pursue. Some men and women have complained in the evening of their days that the things which they pursued were shadows, or that they turned into ashes as they grasped them. This is because they did not aim high. Their desire was set upon material things which have no power to satisfy the soul. They had not understood the nature of success, and it is all important that we should not make the same sad mistake.

What is success? Is it some great prize which can be handled? Is it the attainment of wealth, or the ability to do things better than others? Is it applause from those who are nearer the foot of the ladder? No, these are the things that do not satisfy those who gain them and nothing more. The only

What makes life dreary is the want of motive.

George Eliot.

To live with a high ideal is a successful life.

E. P. Tenney.

If every day we can feel, if only for a moment, the realization of being our best selves, we may be sure that we are succeeding.

Bliss Carman.

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One of the most charming things in girlhood is serenity.

Margaret E. Sangster.

success that is able to satisfy is within us. We are successful when we have developed our characters and personalities so that we live in harmony with the dictates of our higher nature. This is the highest happiness, and there is no success without happiness.

Since happiness is necessarily the supreme object of our desires, and duty the supreme rule of our actions, there can be no harmony in our being except our happiness coincides with our duty.—*Whewell.*

The so-called prizes of life are not to be despised. It is by pressing after them that the great machinery of society is kept revolving, and we may become wealthy without necessarily giving up greater aims. But if we regard worldly success as the final end of our striving we shall surely miss the substance in reaching after the shadow.

There is a sufficient recompense in the very consciousness of a noble deed.

Chero.

Some of the most successful men and women have died poor, and there are those to-day who deliberately turn away from the pursuit of wealth in order to live simply.

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They have looked at life with clear, calm eyes, and have made their choice. Like them, we should learn to value above all the things which will help us to grow heavenward, and while it may not be proper for *us* to stand aside from the roar and bustle of life, we ought to realize that it is not in fevered striving that real success is to be found.

It is, then, of the first moment that you should have a purpose in life. It does not follow that you must have a programme or see clearly all the landmarks on the course which you purpose to run. Some are led early in life to form definite plans for the future. For example, Robert Louis Stevenson when quite a lad resolved to become an author, and, in his own words, he "slogged at it day in and day out." As the world knows, he

Money, in truth, can do much, but it cannot do all. We must know the province of it, and confine it there, and even spurn it back when it wishes to get farther.

Thos. Carlyle.

To have what we want is riches, but to be able to do without is power.

Geo. MacDonald.

Life is act, and not to Do is death.
Lewis Morris.

THE GIRL WANTED

Many people owe the grandeur of their lives to their tremendous difficulties.

Spurgeon.

Do the duty which lies nearest thee, which thou knowest to be a Duty. Thy Second Duty will already have become clearer.

Thos. Carlyle.

The best and highest thing a man can do in a day is to sow a seed, whether it be a word, an act, or an acorn.

James B. O'Reilly.

climbed almost to the pinnacle of his ambition, and has left an honoured and enduring name in English literature. Perhaps you may not feel so drawn to a particular career that you are conscious of a similar impulse. It would be well, however, that you should give thought to the matter, for you cannot begin too early to prepare for what is to be your part in life. You have to *do* something. What is it? All that others can do for you is nothing to that which you can do for yourself. So long as you are without definite aim as to what you are going to attempt in life, so long must the real beginning of your career be postponed, and some people have put off the duty of deciding so long that they have not left themselves time to gain even small prizes.



Hannah More occupies a secure place in the annals of English history. She had a powerful intellect and was an honoured figure in the great literary circle which gathered round Johnson, Burke, and Reynolds. The atmosphere of the Salon and Stage, however, much as it appealed to the intellect, could not satisfy her large soul, and eventually she devoted herself entirely to a life of Christian benevolence. Her influence upon the education of the daughters of England was far-reaching. She had for a motto, "A suitable education for each, and a Christian education for all." She was convinced that there is only one way for the individual and the nation to become and to remain successful; that is, through faithfulness to God, and she laboured in daily life for the cause of practical religion with all her strength. She died full of years and honours in the year 1833.

THE PURPOSE OF LIFE

But whether or not you are able to decide at once what you are to *do* in life, you can decide to-day what you are going to *be*. This is the purpose that you must fix now if you are to be successful. In what spirit will you strive? "Whatsoever thy hand findeth to do, do it with thy might."

I cannot hear what you say for listening to what you are.

Emerson.

Success means doing all that we can do as well as we can do it. This may be work or it may be play. It may be something of seemingly little account, or it may be something of importance; but unless we do it well, and to the best of our ability, it will not achieve success.

It is work that gives flavour to life. Mere existence without object and without effort is a poor thing.—*Amiel.*

Florence Nightingale, Helen Keller, and others like them, have been successful because they have had the spirit of faithfulness in their work. If we do not do small things well, depend upon it the oppor-

Who does the best his circumstance allows, Does well, acts nobly; angels could do no more.

E. Young.

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The reward of
one duty done is
the power to fulfil
another.

George Eliot.

tunities for doing great things will never come our way. Doing well with our might "the common round, the daily task," is the preparation for all who are to be called to lead others or to undertake the larger responsibilities. We learn to do by doing.

No man doth
safely rule but he
that hath learned
gladly to obey.

*Thomas à
Kempis.*

The discovery that our strength, perseverance, and determination have been capable of bending circumstances to our will and bringing to fulfilment that for which we have wished and worked, gives us renewed courage and inspiration for the undertaking of new and larger duties.

Looking back,
now, at that life
of toil, I cannot
but feel thankful
that it formed
such a material
part of my early
education.

Dr. Livingstone.

We shall not be likely to put forth sustained effort to obtain that which we do not earnestly believe in or desire, and therefore the first step in forming purpose is to know what is worth while. We

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cannot do better than read the lives of those whose portraits are printed in this book. These records of noble women show us the character of true success and how it is to be obtained, and we shall be wise if we resolve to strive to follow where they have led and to fix our aim upon the same ideals of loving kindness, unselfish service, and loyalty to the highest.

John Ruskin says: "Let every dawn of morning be to you as the beginning of life, and every setting sun be to you as its close: then let every one of these short lives leave its sure record of some kindly thing done for others." Depend upon it, if such is to be your purpose there shall be no failure in your life. There will be difficulties and misunderstandings, and the latter especially may be hard to bear ;

Self-conquest is the greatest of all victories.—*Plato.*

It is advisable that a man should know at least three things :— first, where he is ; secondly, where he is going ; thirdly, what he had best do under the circumstances.

Ruskin.

No labour is hard, no time is long, wherein the glory of eternity is the mark we level at.

St. Jerome.

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The longer I live, the more I seem to realize the privilege of being able to do anything that may lessen the sorrows or augment the joys of others.

Bishop Fraser.

but press on, "pray for powers equal to your tasks . . . and you shall wonder at the richness of life which has come to you by the grace of God."

When purpose has been fixed the course is clear before us. We have a compass by which to steer, the voice of conscience, which is never silent when we are tempted to forgo our higher aims, and as each day comes to us we shall use its opportunities to further our interests.

What passes with society for success . . . may well be, as often as not actually is, a bad kind of failure.

Tom Hughes.

And gradually the things that were irksome will cease to annoy us, and loyalty to duty will make the commonest tasks interesting. In its turn, interest will inspire us to devote greater attention to our work, and success will be the natural consequence.

In the lexicon of youth, which fate reserves for a bright manhood, there is no such word

As—fail.

E. B. Lytton.

There can be no interest where there is no purpose. How tiresome

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it would very soon become if we were compelled to make idle, useless marks upon paper, without there being any design in our minds. It is said that the inmates of our prisons used to feel most severely the unproductive, useless nature of the tasks in the days before prison reform. The absence of utility or purpose made their work bitter and painful.

The curse laid upon work is only felt by those who labour without interest, and it is one of the greatest blessings of life that as we go about our work fresh interest is awakened with every task undertaken with resolute cheerfulness and purpose.

Each new dawn brings a day in which there are opportunities to work toward the fulfilment of your purpose. "Let us then be up and doing," sings Longfellow. If you

Duty determines destiny. Destiny which results from duty performed may bring anxiety and perils, but never failure and dishonour.

William McKinley.

Character is higher than intellect. A great soul will be stronger to live as well as to think.

R. W. Emerson.

I count life just a stuff
To try the soul's strength on.
Robt. Browning.

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Sum up at night
what thou hast
done by day,
And in the morn-
ing what thou
hast to do.
George Herbert.

To-day is ours;
what do we
fear?
To-day is ours;
we have it here,
Let's treat it kind-
ly.
Abraham Cowley.

For thence,—a
paradox
Which comforts
while it mocks,—
Shall life succeed
in that it seems
to fail:
What I aspired to
be,
And was not,
comforts me.
Robt. Browning.

aim high, as you ought to do, you cannot afford to let one of these precious days slip useless away. The day in which you do not take a step forward will be one in which you go back, one in which purpose is weakened. There is no standing still upon the mountain side. Youth is the time for enthusiasm, and your feet will never be more swift than now. Press on and upward, therefore, and do not be discouraged if at the close of the day the vision splendid of your dream seems just as far away. If you gain the summit of your ambition, you have aimed low. The peaks to which you climb should still be calling to you when the last day dawns.

Unrealized aim is not necessarily failure. "'Tis better to have loved and lost than never to have loved



Anna Lætitia Barbauld, a poetess and writer of books, lived in that golden age of literature which is associated with Dr. Johnson, Lamb, Wordsworth, and Scott. Her writings are almost forgotten, but her noble character, high purpose, and moral courage live on. She was a champion of unpopular causes, and a warm friend of the oppressed and downtrodden. She taught in her husband's school, and laboured to implant noble ideals in the hearts of her pupils, many of whom attained to eminence. It has been said of her that "through the marvellous influence she possessed over her young pupils our whole country is in her debt."

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at all," says Tennyson ; and Lessing, the great German philosopher and poet, goes a step farther and expresses in the following allegory his belief that aspiration is greater than all. " If Almighty God appeared to me," he wrote in effect, " offering in His right hand Truth, and in His left hand Longing for Truth, and were to say, 'Choose thou,' I would fall on my knees at His left hand and say, 'Father, give me Longing for Truth, though it may lead me through pain and error. Truth is only for Thee.' "

It is not what one does, but what one tries to do, that makes the soul strong and fit for a noble career.

E. P. Tenney.

Our greatest glory is not in never falling, but in rising every time we fall.

Confucius.

Yes, aspiration is greater than all. The things we do are creatures of time, and they will fall away when we come to the valley of shadows ; but may we not believe that noble aspiration will live on, an inseparable part of that spirit which is of eternity ?

A noble aim Faithfully kept is as a noble deed.

Wm. Wordsworth.

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Greatly begin!
though thou
hast time
But for a line, be
that sublime.
Not failure, but
low aim is
crime.

J. R. Lowell.

Set your purpose high, then, and make it your fixed resolve that, God giving you courage and endurance, you will live day by day a life of unselfish devotion to duty, cultivating the graces which endear a girl to those about her, and striving earnestly to know what things are pure and what things are expedient for her who aims to fulfil the high mission of a good woman. If this be your purpose in life you will surely achieve success, and you will have the deep and abiding soul satisfaction which comes to all who live in tune with the Infinite, a happiness which passeth not away.

The vision that
you glorify in
your mind, the
Ideal that you en-
throned in your
heart — this you
will build your
life by, this you
will become.

James Allen.

INCENTIVE

WHENE'ER a noble deed is
wrought,
Whene'er is spoken a noble
thought,
Our hearts, in glad surprise,
To higher levels rise.

The tidal wave of deeper souls
Into our inmost being rolls,
And lifts us unawares
Out of all meaner cares.

Honour to those whose words or
deeds
Thus help us in our daily needs,
And by their overflow
Raise us from what is low!

H. W. LONGFELLOW

The Builders

All are architects of Fate,
Working in these walls of Time ;
Some with massise deeds and great,
Some with ornaments of rhyme.

Nothing useless is, or low ;
Each thing in its place is best ;
And what seems but idle show
Strengthens and supports the rest.

For the structure that we raise,
Time is with materials filled ;
Our to-days and yesterdays
Are the blocks with which we build.

Truly shape and fashion these ;
Leave no yawning gaps between ;
Think not because no man sees,
Such things will remain unseen.



Miss Clara Barton was America's greatest national heroine, an angel of mercy whose deeds of love were not confined to her native States. She first became known during the American Civil War, when she organized help for wounded soldiers and the provision of food and delicacies for all engaged at the front. At the conclusion of that great struggle Miss Barton found work to do in Europe, and she served at the front throughout the Franco-Prussian War. For many following years Miss Barton remained "in the firing line for humanity." Wherever humanity called for help in the dire need of earthquake, famine, pestilence, fire, or flood, this noble spirit was instant in her response, and while not actively engaged in some great war or calamity she was busied in organizing and developing the machinery of the Red Cross Service.

Miss Barton died in 1912 at an advanced age.

In the elder days of Art,
Builders wrought with greatest care
Each minute and unseen part;
For the gods see everywhere.

Let us do our work as well,
Both the unseen and the seen;
Make the house where gods may dwell,
Beautiful, entire and clean.

Else our lives are incomplete,
Standing in these walls of Time,
Broken stairways, where the feet
Stumble as they seek to climb.

Build to-day, then, strong and sure,
With a firm and ample base;
And ascending and secure,
Shall to-morrow find its place.

Thus alone can we attain
To those turrets, where the eye
Sees the world as one vast plain
And one boundless reach of sky.

H. W. Longfellow

So as thy sun rises, friend,
shall you wake many a day
to duty and labour... May
the task have been honestly done
when the night comes; and the
steward deal kindly with the
labourer.

221. H. Chackeray